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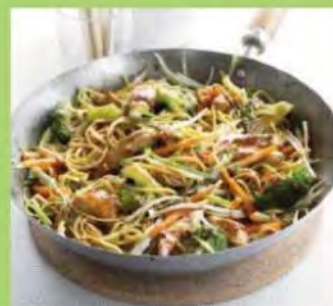
Issue 36 Autumn 2010

EVERYDAY MEALS  
**SOLVED**

Over 100  
speedy, easy-  
to-follow  
recipes



**READY IN 20 MINS**  
Fast weeknight suppers



**CHICKEN RECIPES**  
10 fantastic ideas



**TURN UP THE HEAT**  
With our speedy curry



**AND TO FINISH...**  
Simply moreish pudds

easy  
everyday food

easy  
weekend food

## Easy autumn meals

Try shepherd's  
pie with a  
delicious  
new twist!

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STUDENT SPECIAL: Great ideas to cook on campus



# FROM GOOD FISH TO GREAT FISH



For perfect battered fish, season and dust with flour, then coat generously in batter. Carefully fry in Crisp 'n Dry until crisp and golden.

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# easycook

Autumn 2010 Issue 36

## Everyday food



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## FREE

### 16-page mini-mag

Don't forget to pull out and keep your Ready Steady Cook magazine



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**GOT A RECIPE TO SHARE?**  
Write to us at the address on page 4



## HOW YOU CAN CONTACT US

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**POST** Subscription enquiries  
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BBC Easy Cook, Building 800,  
Guillat Avenue, Kent Science  
Park, Sittingbourne, Kent  
ME9 8GU  
**General enquiries**  
BBC Easy Cook, Media Centre  
MC3D1, 201 Wood Lane,  
London W12 7TQ



**EDITOR** Sarah Giles

**ASSISTANT EDITOR** Marie-Louise Stevens

**ART DIRECTOR** Caroline Bellenberg

**CHIEF SUB-EDITOR** Barbara Baker

**FOOD GROUP PUBLISHER** Alfie Lewis

**AD SALES DIRECTOR** Clare Chamberlain

**AD MANAGER FOOD GROUP** Natalie Carter

**ACCOUNT MANAGER EASY COOK** Michele McQueen

**GROUP HEAD DISPLAY, CLASSIFIED & INSERTS**  
Myrto Koutsia

**GROUP HEAD BRAND SOLUTIONS** Kate Norum

**GROUP MARKETING MANAGER** Fiona Allen

**SENIOR MARKETING & EVENTS EXECUTIVE** Zoe Jarvis

**GROUP PRODUCTION MANAGER** Koli Pickersgill

**GROUP PRODUCTION CO-ORDINATOR** Fiona Potter

**HEAD OF AD SERVICES** Sharon Thorpison

**AD SERVICES CO-ORDINATOR** Sarah Barker

**WITH THANKS TO:** Kate Calder

We make every effort to ensure the accuracy of the prices displayed in Easy Cook magazine. However, they can vary once we go to print. Please check with the appropriate retailers for full details.

Nutritional analysis includes listed ingredients only and excludes optional ingredients such as salt and serving suggestions.

To have  
Easy Cook  
delivered to  
your door, see  
page 24

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# Welcome...

... to the Autumn issue of Easy Cook. Much as I love the summer, by this time of year I must admit I'm ready to get back to some 'proper cooking' – warming, hearty food to enjoy on cooler days. And we've got plenty of that in this issue!

Turn straight to page 58 for some wonderful curry ideas, for example, including a red pork curry and a lovely lamb dhansak. There's a great recipe for roasting a chicken with Thai massaman flavours too. Or, if you'd prefer a more traditional roast chicken, see page 41 for a great basic recipe. Chicken is one of the ingredients we all cook with regularly, but it's easy to get into a rut and make the same meals with it week in, week out, so do try some of our clever suggestions, starting on page 38.

I love our Pie Heaven feature (page 72) too – including the yummy shepherd's pie with a chilli kick that's shown on our cover. But I think my favourite recipe in this issue must be the Navarin of Lamb with

**Much as I love the summer, by this time of year I must admit I'm ready to get back to some 'proper cooking'**

Mint Dressing (page 77). It's part of our Cook Like A Masterchef series, and as well as being rich and delicious, there are also some great tips for making it look really good on the plate – not always easy with a casserole-style dish. The mint dressing is an interesting take on the usual 'mint with lamb' flavour combination – definitely worth a go.

It's great to have a recipe you can make and then put in the oven and forget about for an hour or so, like the Navarin, but if you're looking for quick weeknight suppers that can be on the table in 20 minutes or less, we've got a great selection starting on page 8. The Spiced Prawn and Coconut Pilaff is particularly good and I can vouch for the fact that if you've got any left over, it makes a great lunch to take to work and eat cold the next day.

And finally, would you like to have Easy Cook delivered to your door every month? If so, why not take advantage of our subscription offer – it's really good value and much cheaper than buying every issue separately. See page 24 for more details.

Sarah

Sarah Giles  
Editor





# easy food news

Interesting snippets and the best new products, to make the time you spend in the kitchen quick, easy – and fun!

## Just Think Pig campaign

Next time you pick up bacon, sausages, pork or ham in the supermarket, Think Pig! **We're a nation of pork lovers – spending over £1.2 billion on bacon in the last year alone** – but many of us are left confused by labelling and don't know how to identify pork that's been bred to higher welfare standards. The latest campaign from the RSPCA, Think Pig, hopes to make it simpler to choose pork products where the pig has been treated well. Visit [www.rspca.org.uk/thinkpig](http://www.rspca.org.uk/thinkpig) to find out what to look for, or when you're out shopping choose pork with the Freedom Foods label or look for the words 'free range', 'outdoor reared' or 'outdoor bred'. All major supermarkets have signed up to support the labelling code, so look out for it next time you're shopping.



And while you're out shopping, why not try these new pork products. They're both Freedom Food-approved and we enjoyed trying them...

### The Co-operative Toffee Apple Sausages, 400g, £2.

We love the clever idea of transforming a Bonfire Night favourite, toffee apples, into a sausage! The blend of pork, apple, black treacle, demerara sugar and seasonings makes a deliciously sticky sausage that's perfect in a bun for a Hallowe'en or bonfire night party.



### Jamie Oliver Delicious Pork Neck Fillets and My Favourite Old School Pork Chops, from £2.99 each.

We were impressed with both the neck fillets and the chops – really delicious, tender, succulent pork. You'll never have to eat dry pork again! Both come pre-seasoned, with a lemon wedge to squeeze over, to bring out the taste once they're cooked.



## Easy Cook on Facebook

Join our Facebook fan page and share your ideas with your favourite cookery magazine! At the time of going to press we had over 800 fans and now we'd love to get the total to 1000! It's a great way to tell us what you'd like to see in Easy Cook – the chutney recipe on page 79 was inspired by a request from one of our Facebook fan, for example – and it's a chance to share your thoughts with other readers. Have you given one of our recipes a clever twist? Why not let other Easy Cook readers know about it... Got a glut of home-grown veg and looking for something to do with it? Let us know and it might inspire a future feature! Go to [www.facebook.com](http://www.facebook.com) and search for Easy Cook Magazine.

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## Celebrate Diwali

It's not only Bonfire Night being celebrated on 5th November this year – Diwali, the Indian Festival of Light, starts then too. **Patak's**

**have come up with some great recipes to mark the event**, including these delicious Yellow Korma Lentils (you'll find the unusual spices in larger supermarkets):

Rinse and soak 350g yellow lentils in cold water for 30 mins. Drain and add to a pan with 900ml water. Simmer gently for 45-50 mins. In a separate pan, heat 2 tbsp vegetable oil, add ½ tsp each cumin seeds and mustard seeds. Once they begin to pop, add 3 dried curry leaves and ½ tsp asafoetida. Add 2 diced onions and cook for 4-5 mins until golden, then stir in 2 tbsp Patak's Korma Paste and 2 diced tomatoes. Cook for a further 4-5 mins, then add the lentils and season to taste. Squeeze over the juice of ½ lemon. Serve with toasted naan strips: bake long strips of naan bread (slice with a pizza cutter), drizzled with oil and sprinkled with rock salt at fan 160C/conventional 180C/gas 4 for 5 mins. (Serves 4).





## The humble spud

They're 99.9% fat-free, 15% of our vitamin C intake comes from them, they're a good source of vitamin B1, B6 and folate and one new potato contains only 26 kcal... How many more reasons do we need to include more potatoes in our diet? **But in case you've fallen into a rut with the way you cook them, The Potato Council ([www.potatoes.co.uk](http://www.potatoes.co.uk)), has come up with some great new ideas, including One Pot Potato and Pork Chilli:** Heat 1 tbsp oil in a large pan and fry 500g diced pork leg with a diced yellow pepper for 5 minutes. Add 800g diced potatoes, a 410g can kidney beans and a 500g jar ready-made chilli con carne sauce. Wash the jar out with a little water and add to the pan. Bring to the boil, cover and simmer for 25 minutes, or until the potatoes and pork are cooked through. (Serves 4)



## CALLING ALL STUDENTS

If you're sending a first-time student off to university this autumn, pack a few of these ideas in with their textbooks so they'll be able to get cooking proper food straightaway...

**SORTED** – started by a group of students who realised that their kitchen skills were sadly lacking, the Sorted Crew – made up of Ben Ebbrell and friends – devised their own everyday recipes and created how-to videos. They even travelled out

to universities across the UK in a specially fitted-out van to demonstrate recipes to fellow students. Since graduating,

Ben has continued to spread the Sorted message, continually developing recipes for the website [www.sortedfood.com](http://www.sortedfood.com). Each week, you'll find new recipes with accompanying videos. Or get your hands on a



copy of their latest book *Sorted: A Rookie's Guide To Crackin' Cooking*, and you'll be eating great food in no time. Easy Cook readers can buy *Sorted: A Rookie's Guide To Crackin' Cooking* for the special price of £8 (rrp £12) by visiting [www.sortedfood.com/easycookoffer](http://www.sortedfood.com/easycookoffer)



The sub-title of *The Vegetarian Student Cookbook* (£8.99, Ryland, Peters and Small) is 'Great grub for the hungry and the broke', which sums it up perfectly – from pasta bakes and risottos to delicious desserts, **the veggie student will find a recipe in here for every occasion.** As well as being budget conscious, they're all interesting and imaginative recipe ideas. No more cheese on toast, then!

## Pizzas revisited

Pizza is the perfect supper standby, but how about a change from the standard flavours? Tesco have just launched new Calzone pizzas in two great options –

**Chicken, Bacon & Fontal, and Spicy Meatball,**

**£3.50 each.** We love the

way the filling oozes out once you cut into the pouches of the folded pizzas – named after the Italian name for the baggy trousers worn by men in the 18th

Century – and the crust is perfectly crisp too. Great for parties and sharing, as well as for a main meal.



■ Marks & Spencer have taken inspiration from the latest craze for cupcakes with their own savoury version, **Mozzarella, Tomato & Pesto Pizza cups, (£2.99 for 6),** which are great for kids and parties. Or if you're always arguing over what topping to choose,

why not try their **Half & Half Pizza, (£2.99, 530g)?** With cheese & tomato on one side and spicy pepperoni on the other, everyone will be happy.





# easy everyday food

Great recipes for weeknight meals, to take you through from Monday to Friday

Quick,  
easy-  
to-follow  
recipes



## IN THIS SECTION, DON'T MISS...

- TASTY SUPPERS FOR TWO
- FOOLPROOF MEALS FOR STUDENTS
- 10 CLEVER IDEAS FOR CHICKEN



# 10 fast meals for busy families

Delicious dishes in 20 minutes or less

You'll find ras el hanout with the other spices in the supermarket

## Spiced prawn and coconut pilaf

- Serves 4 ■ Ready in 20 minutes ■ £1.30 a portion
- 429 kcals, 16g fat, 4g sat. fat a portion
- Not suitable for freezing

250g basmati rice, rinsed well  
knob of ginger, roughly chopped

2 large cloves of garlic

2 medium tomatoes, quartered

1 medium onion, finely sliced

4 tbsp vegetable oil

1 tsp ras el hanout spice mix

300g raw prawns, peeled

**1** Cook the rice according to pack instructions. Meanwhile, put the ginger, garlic and tomatoes into a food processor and whizz to form a rough sauce.

**2** Fry the onion in the oil over a medium heat for 10 minutes, until soft. Add the ras el hanout and the sauce, then heat through until bubbling, stirring occasionally. Add the prawns, then cook for a few minutes until pink and cooked through.

**3** Stir the cooked rice into the pan to mix well with the sauce. Make sure the rice is heated through, then serve scattered with flaked or desiccated coconut and chopped coriander (optional).





If you prefer, use a milder blue cheese such as dolcelatte, or swap half the stilton for creamy mascarpone



## Blue cheese pasta

■ Serves 4 ■ Ready in 20 minutes ■ 64p a portion  
■ 554 kcals, 20g fat, 10g sat. fat a portion ■ Not suitable for freezing

400g penne pasta  
25g butter  
1 onion, thinly sliced  
1 clove of garlic, crushed  
1 tbsp sage, chopped, or 1 tsp dried  
100g stilton, cubed  
handful toasted walnuts, chopped

- 1** Boil the pasta according to pack instructions.
- 2** Melt the butter in a pan, then gently fry the onion until golden. Add the garlic and sage, fry for a further 2 minutes, then remove the pan from the heat.

- 3** Drain the pasta and reserve some of the cooking water. Stir through the buttery onions, the stilton and 2 tbsp cooking water, then sprinkle with the toasted walnuts to serve.





**Undercook the salmon slightly, then cover and leave for a few minutes. It will carry on cooking gently as it stands**

**Great TV dinner**



**This works well with chicken too**

## Grilled Thai salmon

■ Serves 4 ■ Ready in 15 minutes ■ £2.05 a portion  
■ 281 kcals, 17g fat, 3g sat. fat a portion ■ Not suitable for freezing

4 salmon fillets  
2 tsp sunflower oil  
small knob of root ginger, peeled and grated  
1 red chilli, finely sliced  
bunch spring onions, finely sliced  
1½ tbsp sweet soy sauce  
¼ tsp sugar  
20g coriander, leaves only, chopped

dish, then grill for 4-5 minutes until cooked through, but still a little pink in the centre. Cover and set aside.

**2** Heat a wok, add the oil, then stir-fry the ginger, chilli and spring onions for 2-3 minutes. Stir in the soy, sugar and a splash of water, then take off the heat. Add the coriander and serve immediately with the salmon.

**1** Heat the grill to high. Place the fish in a shallow baking

## Mexican beef fajitas

■ Serves 4 ■ Ready in 20 minutes ■ £2.29 a portion  
■ 568 kcals, 26g fat, 8g sat. fat a portion ■ Not suitable for freezing

450g steak, cut into strips  
1 green chilli, deseeded and finely chopped  
1 small red onion, finely chopped  
200g can chopped tomatoes  
juice of 1 lime  
20g coriander, chopped  
2 large onions, thickly sliced  
1 red, 1 green and 1 yellow pepper, each deseeded and thinly sliced  
3 tbsp sunflower oil  
8 - 12 soft flour tortillas  
150ml tub soured cream  
1 cos lettuce heart, shredded

mix together the chilli, small red onion, tomatoes, lime juice and coriander, then season.

**2** Stir-fry the onions and peppers in a little oil over a high heat for 5 mins. Set aside. Add half the remaining oil to the pan and stir-fry the steak for 3-4 mins. Return everything to the pan and toss briefly.

**3** Warm the tortillas under the grill. Lay a tortilla on a plate, spoon on some beef and peppers, a little salsa and soured cream on top, sprinkle with lettuce, then roll up.

**1** Heat the grill to high. Season the steak. To make the salsa,

## Sticky pork with gingered noodles

■ Serves 4 ■ Ready in 20 minutes ■ £1.89 a portion  
■ 493 kcals, 17g fat, 4g sat. fat a portion ■ Not suitable for freezing

2 tsp grated ginger  
2 tbsp soy sauce  
1 tbsp clear honey  
good pinch five-spice powder  
4 pork steaks  
250g pack medium egg noodles  
1 tbsp sunflower oil  
300g shredded kale  
1 red chilli, finely chopped

mixture. Grill for 6-8 mins, turning once, until cooked.

**2** Meanwhile, cook the noodles according to pack instructions. Heat the oil in a wok or frying pan, then quickly fry the remaining ginger with the kale and chilli for 2 minutes, until wilted. Drain the noodles and add to the pan, tossing everything together. Serve with the steaks.

**1** Mix half the ginger with the soy, honey and five-spice in a dish. Coat the pork in the



You can use rump, fillet or sirloin steak for this. Keep the tortillas warm by wrapping them in a napkin to take to the table



Eat with your hands



To keep turkey steaks moist, make sure your pan is hot before you add them so they brown quickly, then finish briefly in the oven



## Turkey steaks with garlicky mash

■ Serves 4 ■ Ready in 20 minutes ■ £2.06 a portion  
■ 357 kcals, 12g fat, 2g sat. fat a portion ■ Not suitable for freezing

grated rind and juice of 1½ lemons  
3 tbsp olive oil  
3 cloves of garlic, crushed  
2 tsp oregano, chopped,  
or 1 tsp dried  
4 thick turkey steaks  
250g cherry tomatoes  
750g bag frozen broad beans

**1** Turn oven to fan 180C/  
conventional 200C/gas 6. Mix  
the lemon rind, juice, oil, garlic,  
oregano and seasoning. Pour  
half over the turkey steaks on a  
plate and turn to coat.

**2** Fry the steaks for 1-2 mins  
on each side to brown, then  
transfer to a roasting tin. Scatter  
the tomatoes around, then roast  
for 4-8 mins, until just cooked.

**3** Meanwhile, boil the beans for  
4-5 mins until tender. Tip a  
ladle of the cooking water into a  
food processor, drain the beans  
and tip into the processor with  
the reserved lemon dressing.  
Whizz to a mash, then divide  
between 4 plates and top with a  
turkey steak and the tomatoes.

## White fish with spicy beans

■ Serves 4 ■ Ready in 20 minutes ■ £2.08 a portion ■ 304 kcals,  
6g fat, 1g sat. fat a portion ■ Suitable for freezing (bean mix only)

1 tbsp olive oil  
1 onion, chopped  
a few rosemary leaves, finely  
chopped  
25g chorizo or other spicy  
sausage, chopped  
2 cloves of garlic, crushed  
700g bottle passata  
410g can cannellini beans in  
water, drained  
200g green cabbage, shredded  
pinch of sugar  
4 skinless fillets haddock or cod

5 minutes, until soft. Add the  
rosemary, chorizo and garlic,  
then fry for 2 minutes more,  
until the chorizo is starting to  
crisp. Tip in the passata, beans,  
cabbage and sugar, season, then  
simmer for 5 minutes.

**2** Add the fish to the pan, then  
cover with a lid and leave to  
cook for 3-5 minutes, or until the  
flesh flakes easily.

**SERVE WITH** crusty bread.

**1** Heat the oil in a large frying  
pan, then cook the onion for

Filling and tasty



Swap the lentils for chickpeas,  
if you prefer

## Houmous-crusted lamb

■ Serves 4 ■ Ready in 20 minutes ■ £2.67 a portion  
■ 541 kcals, 41g fat, 17g sat. fat a portion ■ Not suitable for freezing

410g can puy lentils, drained  
and rinsed  
175g ready-roasted peppers  
from a jar, sliced  
100g bag spinach  
2 tbsp olive oil  
2 tbsp lemon juice  
2 tsp Dijon mustard  
8 lamb cutlets or small chops  
200g tub houmous

peppers and spinach. Whisk  
together the oil, lemon juice and  
mustard to make a dressing,  
then stir into the lentils.

**2** Heat the grill to high.  
Season the lamb and grill for  
3 mins on each side. Spoon 1 tsp  
houmous on top of each cutlet  
and grill for 1 minute more,  
until the houmous starts to turn  
golden. Serve with the salad and  
remaining houmous.

**1** To make the salad, mix  
together the lentils, roasted



**Adding a pinch of sugar to the passata helps to bring out the natural sweetness of the tomatoes**



**One-pan meal**



## Lamb, feta and mint salad

■ Serves 2 ■ Ready in 20 minutes ■ £2.01 a portion  
■ 590 kcal, 30g fat, 15g sat. fat a portion ■ Not suitable for freezing

**200g frozen oven chips**  
**handful ready-roasted peppers**  
**from a jar**

**2 tsp red wine vinegar**  
**few mint leaves, half**  
**roughly chopped**

**2 pinches caster sugar**  
**85g feta, crumbled into**  
**large chunks**

**2 handfuls baby spinach leaves**  
**1 large lamb steak, trimmed**  
**of any fat**

**1** Turn the oven to 200C/  
conventional 220C/gas 7.

Spread the chips out onto a baking tray, then bake for 12 minutes. Meanwhile, whisk together 4 tsp oil from the pepper jar with the red wine vinegar, chopped mint, sugar and some seasoning. Tear the peppers into smaller chunks, then put into a large bowl with the feta and spinach leaves.

**2** Heat a griddle or frying pan, brush the lamb with a little more oil from the pepper jar, then season. Cook for

2-3 minutes on each side, then leave to rest on a board.

**3** Once the chips have cooked for 12 minutes, remove the tray from the oven. Cut them in half, toss with 1 tsp more oil from the pepper jar, then roast for another 3 minutes. Thinly slice the lamb. Toss the hot crispy chips through the salad with the dressing, arrange on a platter or 2 dinner plates and top with the lamb.



**Unusual salad – with chips!**



This is a traditional-style carbonara sauce that just coats the pasta. For a runnier sauce, add 2 tbsp of crème fraîche

Ready in 15 minutes

## Two-step carbonara

- Serves 4 ■ Ready in 15 minutes ■ 80p a portion
- 575 kcals, 24g fat, 9g sat. fat a portion ■ Not suitable for freezing

350g spaghetti or linguine  
140g pack smoked streaky  
bacon  
2 tsp olive oil  
1 clove of garlic, crushed  
1 egg, plus 4 yolks  
50g parmesan, grated

**1** Cook the pasta according to pack instructions. Meanwhile, fry the pancetta in the oil for a few minutes until golden and crisp. Add the garlic, fry for 1 minute, then turn off the heat. Briefly whisk

the egg and yolks with most of the parmesan and some seasoning.

**2** Drain the pasta, reserving a little of the cooking water. Add the eggs and 1 tbsp of

cooking water, then mix until pasta is coated and creamy. The heat from the pasta will gently cook the sauce. Stir in the pancetta and garlic, then serve, topped with the remaining parmesan.



# Speedy pud

Make the batter before you sit down to eat, ready to pop in the microwave once you've finished your main course



Ready in 10 minutes

## Quick banana pudding

- Serves 4-6 ■ Ready in 10 minutes ■ 50p a portion
- 474 kcals, 26g fat, 15g sat. fat a portion ■ Not suitable for freezing

100g butter, softened, plus extra for greasing  
 2 ripe bananas  
 100g light muscovado sugar  
 100g self-raising flour  
 2 tsp ground cinnamon  
 2 eggs  
 2 tbsp milk

### 1 MAKE THE BATTER

Put the butter in a 1-litre baking dish and microwave on High for 30 secs-1 minute, until melted. Mash 1½ bananas into the melted butter, then add the sugar, flour, cinnamon, eggs and milk. Mix together well.

### 2 MICROWAVE

Slice the remaining banana over the top, then return to the microwave and cook on High for 8 minutes, until risen and cooked through.

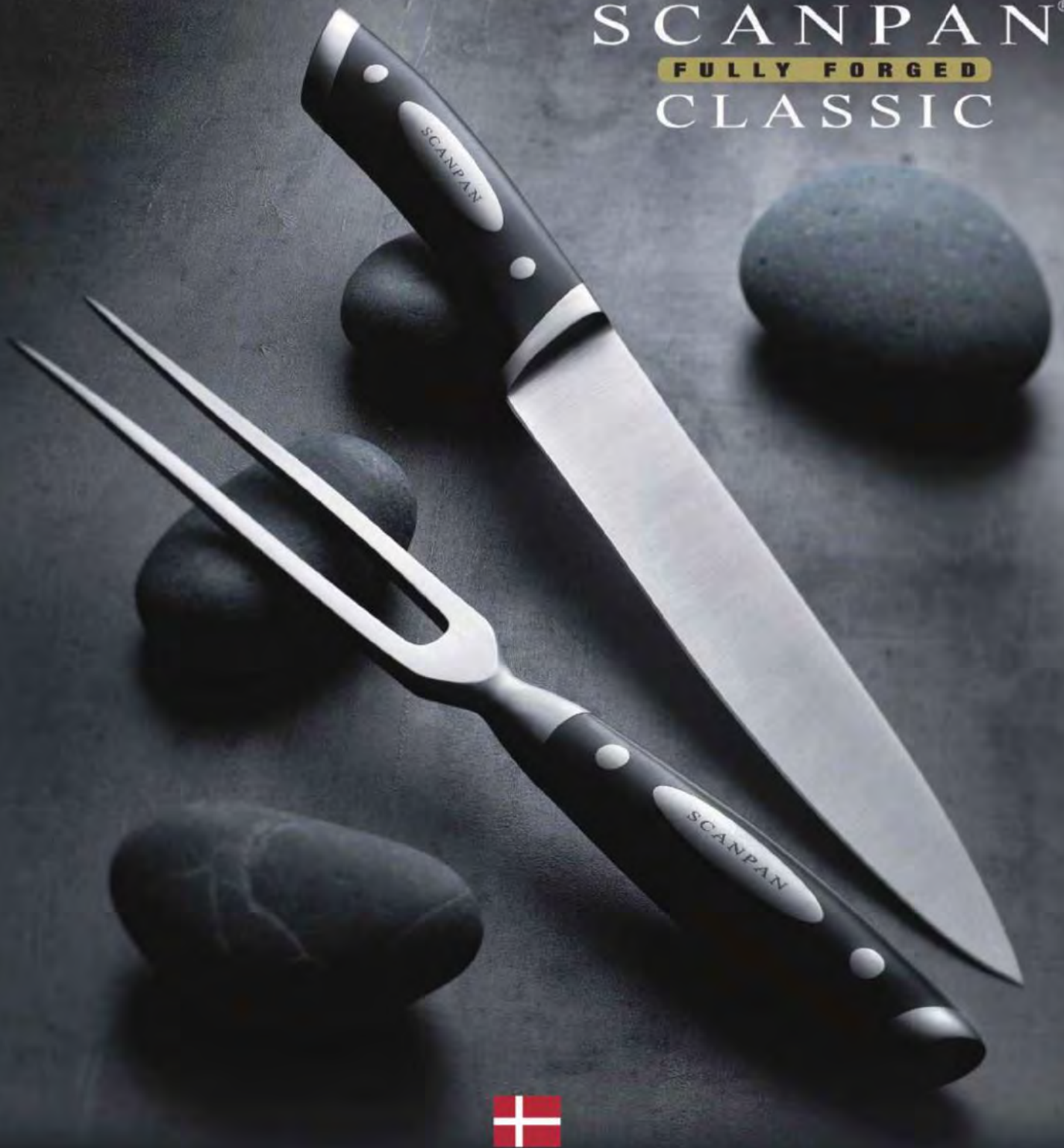
**SERVE** warm, dusted with icing sugar, a drizzle of toffee sauce and a scoop of ice cream, if you like.



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# Speedy kids' suppers

Great ideas for when their friends come to tea

Food  
kids  
love



**Crispy chicken with a spicy twist**

## Spice-crunch chicken

- Serves 4 ■ Ready in 25 minutes ■ £2.88 a portion
- 555 kcals, 28g fat, 3g sat. fat a portion
- Not suitable for freezing

**4** skinless chicken breasts  
**200g** bag tortilla chips  
**1½** tsp mild chilli powder  
**1** egg, beaten  
**2** avocados  
**4** tomatoes  
**½** red onion  
juice of **1** lime

### 1 PREPARE THE CHICKEN

Turn the oven to fan 200C/ conventional 220C/gas 6. Cover a baking tray with parchment. Press each chicken breast on a board and halve through the middle so you get two pieces from each.

### 2 MAKE THE BATTER

Fill a sealable freezer bag with 85g of the tortillas and use a rolling pin to bash into rough crumbs and flakes. Tip

into a shallow bowl and stir in 1 tsp of the chilli powder, some salt and half the beaten egg. Dip each piece of chicken into the remaining beaten egg and then into the crumbs, so you have a patchy crust. Roast the coated chicken on the tray for 12 minutes, until cooked.

### 3 MAKE THE AVOCADO SALAD

Meanwhile, cut the avocado and tomatoes into chunks and thinly slice the onion. Whisk the remaining chilli powder with some seasoning and the lime juice, then mix with the avocado, tomatoes and onion. Serve 2 chicken pieces per person with some avocado salad and a handful of the remaining tortillas.



To up the veg count, you could add cauliflower and peas to the dish too

## Cheesy broccoli pasta

- Serves 4 ■ Ready in 30 minutes ■ 71p a portion
- 539 kcals, 21g fat, 12g sat. fat a portion
- Not suitable for freezing

**280g** penne  
**280g** broccoli, cut into florets  
**25g** butter  
**25g** plain flour  
**300ml** milk  
**1** tbsp wholegrain mustard  
**140g** mature cheddar, grated

### 1 COOK THE PASTA

Cook the pasta according to pack instructions, adding the broccoli for the final 4-5 minutes and cooking until tender. Drain well, then heat the grill.

### 2 MAKE THE SAUCE

Heat the butter in a pan and stir in the flour. Cook for 1 minute, then gradually add the milk, stirring well between each addition. Bring to the boil, stirring, then simmer for

2 minutes, before mixing in the mustard, half the cheese and some seasoning.

### 3 GRILL

Mix the pasta and broccoli into the sauce and spoon into an ovenproof dish. Scatter over the remaining cheese and place under a hot grill for 3-4 minutes, until golden and bubbling.



# Speedy kids' suppers

Before using wooden skewers, soak them in water for 20 minutes to help prevent them burning under the grill



## Pork and mushroom kebabs

- Serves 4 ■ Ready in 30 minutes ■ £1.73 a portion
- 421 kcals, 9g fat, 2g sat. fat a portion
- Not suitable for freezing

1 tsp Thai curry paste  
1 tsp light muscovado sugar  
two 125g tubs low-fat natural yogurt  
400g lean pork fillet, cut into cubes  
300g chestnut mushrooms  
1 tbsp sunflower oil  
2 spring onions, finely chopped  
2cm-piece fresh ginger, finely chopped  
200g basmati rice, cooked and cooled  
100g sugar snap peas, shredded  
175g frozen sweetcorn (or from a can)  
good pinch of paprika

### 1 COOK THE KEBABS

Blend the Thai paste, sugar and half the yogurt in a large bowl. Add the pork and mushrooms. Mix well, then thread onto 8 skewers. Cook the kebabs under a hot grill for 6-8 minutes, turning once.

### 2 MAKE THE FRIED RICE

Meanwhile, heat the oil in a non-stick pan or wok, add the spring onions and ginger, then briefly fry. Add the rice, peas, sweetcorn and paprika, then stir-fry for 2-3 minutes. Serve with the kebabs, the rest of the yogurt and lemon or lime wedges to squeeze over (optional).



## Beef and tomato bake

- Serves 4 ■ Ready in 45 minutes ■ £1.09 a portion
- 498 kcals, 25g fat, 6g sat. fat a portion
- Suitable for freezing (if garlic bread not previously frozen)

500g pack lean minced beef  
2 onions, roughly chopped  
2 tsp olive oil  
2 tsp ground cumin  
1-2 tsp mild chilli powder  
400g can chopped tomatoes  
600ml beef stock  
1 garlic baguette, split into slices

### 2 BAKE

Turn the oven to fan 180C/ conventional 200C/gas 6. Spoon the mince into an ovenproof dish, then arrange the baguette slices over the top. Bake for 12 minutes, until heated through and the bread is crispy on top.

### 1 MAKE THE SLOPPY JOE

Brown the mince in a non-stick pan for a few minutes, then tip into a bowl. Tip the onions into the pan with the oil, then cook for 2-3 minutes until soft. Add the spices, then cook for 1 minute more. Return the mince to the pan with the tomatoes and stock, then bring to the boil. Simmer for 20 minutes.





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## Chilli bean and sausage bake

■ Serves 4 ■ Ready in 25 minutes ■ £1.19 a portion  
■ 595 kcals, 35g fat, 11g sat. fat a portion ■ Suitable for freezing

1 tbsp sunflower oil  
450g pack sausages, cut into big chunks  
1 onion, thickly sliced  
1 tsp chilli paste or 1 mild chilli, chopped  
good splash of Worcestershire sauce  
500ml carton passata with mixed herbs  
400g can mixed beans, rinsed and drained  
half a 750g bag frozen potato wedges

### 1 MAKE THE FILLING

Heat the oil in a large frying pan. Fry the sausages and onion for 5 minutes, until starting to turn golden. Add

the chilli and Worcestershire sauce, then mix in the passata and beans. Add 250ml hot water and bring to the boil. Bubble over a high heat for 5 minutes, until the sauce has thickened slightly. Season, then tip into a large, shallow baking dish.

### 2 BAKE

Turn the oven to fan 200C/ conventional 220C/gas 7. Top the filling with a single layer of the frozen potato wedges, then bake for 15 minutes until crisp, golden and cooked through.

**SERVE WITH** steamed green beans and peas.



# Take a can of... mixed beans

Keep a can of beans in the cupboard for a quick, weeknight meal – they're ideal in a hearty vegetable soup or the perfect base for a simple savoury bake



To make this vegetarian, just leave out the bacon and use vegetable stock instead of chicken stock

## Bacon, bean and pasta soup

■ Serves 4 ■ Ready in 15 minutes ■ 91p a portion  
■ 210 kcals, 11g fat, 4g sat. fat a portion  
■ Not suitable for freezing

8 rashers rindless streaky bacon, roughly chopped  
2 leeks, halved and sliced  
4 carrots, chopped  
400g can mixed beans, rinsed and drained  
1 litre chicken stock  
2 tbsp tomato purée  
50g small pasta shapes  
a handful of chopped flat-leaf parsley

non-stick pan (there's no need to add any extra fat), until golden. Add the leeks and carrots and cook for about 5 minutes, until softened.

### 2 SIMMER THE SOUP

Tip in the beans, chicken stock, tomato purée and pasta, stir once, and then simmer until the pasta is cooked. Stir the parsley through.

### 1 FRY THE BACON

Fry the bacon in a large

**SERVE WITH** grated parmesan.



Vegetarian

## Veggie bean patties with salsa

- Serves 4 ■ Takes 20 minutes, plus 15 minutes in the oven minutes ■ 91p a portion
- 384 kcals, 14g fat, 6g sat. fat a portion ■ Suitable for freezing (uncooked patties only)

400g potatoes, cut into small cubes  
 half a 400g can mixed beans, rinsed and drained  
 198g can sweetcorn, drained  
 1 bunch spring onions, shredded  
 100g cheddar, grated  
 1 egg, beaten  
 50g fresh breadcrumbs  
 2 tsp vegetable oil  
 1 tbsp plain flour

4 ripe tomatoes, chopped  
 2 tbsp chilli ketchup

### 1 MAKE THE PATTY MIX

Boil the potatoes for 10 minutes, until tender. Drain, then mash. Roughly mash the beans with a fork. Mix with the potato, sweetcorn, half the spring onions, the cheese and half the beaten egg. Season.

### 2 BAKE

Turn the oven to fan 200C/ conventional 220C/gas 7. Toss the breadcrumbs with the oil and season, then mix with the flour and remaining egg and spread onto a plate. Take  $\frac{1}{4}$  of the potato mixture, shape into a patty, then coat in the breadcrumb mixture. Place on a non-stick baking sheet.

Repeat to make 4 patties. Bake for 15 minutes, then grill for 2-3 minutes until golden.

### 3 MAKE THE SALSA

To make the salsa, mix the remaining spring onions with the tomatoes and chilli ketchup, then season. Serve the bean patties with the salsa on the side.



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# Low fat...

## but you wouldn't guess

Delicious, full of flavour and low in fat too – you can't beat these recipes for a really tasty midweek meal

You can use any combinations of your favourite toppings on this quick pizza base



### Potato and chorizo pizza breads with peppery tomato salad

■ Serves 4 ■ Ready in 20 minutes ■ £1.25 a portion  
■ 287 kcals, 12g fat, 5g sat. fat a portion ■ Not suitable for freezing

3 medium potatoes, very thinly sliced  
4 wholemeal tortillas  
6 tbsp half-fat crème fraîche  
½ onion, thinly sliced  
8 thin slices chorizo from a pack, diced  
25g mature cheddar, grated  
3 tomatoes, roughly chopped  
2 tsp balsamic dressing  
half a 50g bag rocket

#### 1 BLANCH THE POTATOES

Turn the oven to fan 180C/ conventional 200C/gas 6. Bring a pan of water to the boil, then blanch the potato slices for 2 minutes, or until almost cooked. Drain well, then tip onto kitchen paper to dry.

#### 2 TOP THE PIZZA

Put the tortillas onto baking sheets. Season the crème fraîche, then spread

over the tortillas. Top with the cooked potato slices, onion and chorizo, then scatter over the grated cheese. Bake for 8 minutes, until crisp and golden.

#### 3 MAKE THE SALAD

Meanwhile, mix the tomatoes with the dressing and ½ tsp coarsely ground black pepper, then toss through the rocket. Pile a quarter of the salad in the middle of each tortilla and serve.



## Sweet potatoes with mushrooms

- Serves 2
- Ready in 30 minutes
- £1.10 a portion
- 359 kcals, 9g fat, 3g sat. fat a portion
- Not suitable for freezing

2 sweet potatoes, about 300g each  
 1 tbsp olive oil  
 200g chestnut mushrooms, halved  
 1 tsp chopped fresh rosemary,  
 or ½ tsp dried  
 2 tbsp freshly grated parmesan

### 1 MICROWAVE THE POTATOES

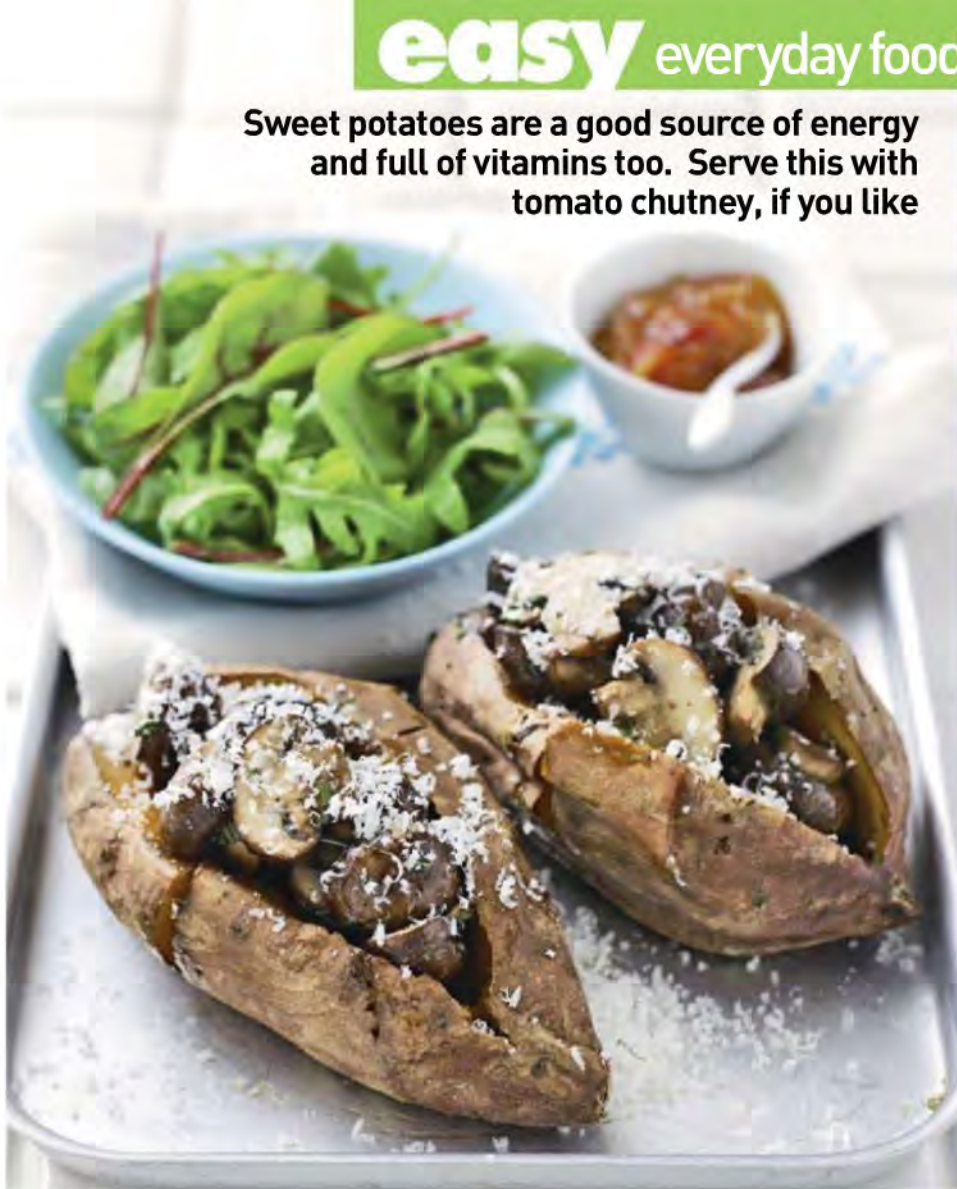
Prick the potatoes, then microwave on High for 8–10 minutes, turning once, until tender.

### 2 COOK THE MUSHROOMS

Meanwhile, heat the oil in a non-stick pan, add the mushrooms and rosemary and cook over a fairly high heat, stirring, until the mushrooms are tender and lightly coloured. Season to taste.

### 3 ROAST

Turn the oven to fan 180C/conventional 200C/gas 6. Roast the potatoes in the oven for 15 mins, until the skins start to crisp. Split open, spoon over the mushrooms, and sprinkle with parmesan to serve.



## Grilled pork with apple and sage

- Serves 4
- Ready in 20 minutes
- £1.44 a portion
- 269 kcals, 9g fat, 3g sat. fat a portion
- Not suitable for freezing

1 lemon  
 4 pieces pork tenderloin,  
 each about 140g  
 2 tbsp roughly chopped  
 sage leaves  
 3 eating apples, peeled, cored  
 and chopped  
 1 rounded tbsp light  
 muscovado sugar

### 1 GRILL THE PORK

Heat the grill to high. Grate the rind from half the lemon and squeeze the juice from both halves. Split the pork fillets down the centre, cutting almost all the way through, and open each out like a book. Lift

onto a baking tray and season with salt, pepper and the lemon rind. Sprinkle with 1 tbsp of the sage. Grill for 8–10 minutes, turning once, until cooked through.

### 2 MAKE THE SAUCE

Meanwhile, pour the lemon juice into a small pan. Add the apple to the pan with the remaining sage, sugar, and salt and pepper. Bring to the boil, stirring, then simmer until soft, about 6 minutes. Serve the pork with the sauce.

**SERVE WITH** veg and potatoes.



**This classic pairing of pork and sage gives loads of flavour**



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# 10 things to do with... a can of anchovies

Just a few of the salty fillets will add lots of punchy flavour, so if you have a couple left in the can here are some great ways to use them up

## Roast lamb with anchovies

**Serves 6** Turn the oven to fan 160C/ conventional 180C/gas 4. Cut 3 cloves of garlic into slivers and 6 anchovy fillets into thirds. Make incisions all over a 2kg leg of lamb and poke the anchovies and garlic into each. Season. Thickly slice 2 onions and put in a roasting tin with the lamb on top. Add 250ml chicken stock and 250ml white wine and cover with foil. Cook for 3 hours, then turn the oven up as high as it will go. Take the foil off and cook for 30 minutes more. Rest the lamb for 20 minutes before serving. Strain any juices into a jug to serve alongside.

## Spaghetti puttanesca

**Serves 2** Heat 1 tbsp olive oil in a pan, add 2 cloves of thinly sliced garlic and cook for 2 minutes. Tip in a 400g can of chopped tomatoes, 1 tbsp capers, 2 chopped anchovy fillets, a handful of sliced green olives and a large pinch of dried chilli flakes. Simmer for 10 minutes, until thickened slightly. Cook 200g spaghetti according to pack instructions. Drain, toss with the sauce and a small bunch of roughly chopped parsley and serve.

## Chicken Caesar salad

**Serves 4** Turn the oven to fan 180C/ conventional 200C/gas 6. Cut 1 ciabatta loaf into croûtons, then spread over a baking sheet, sprinkle over 2 tbsp olive oil and bake for 8 minutes, turning them so they brown evenly. Heat 1 tbsp olive oil in a pan and fry 2 skinless chicken breasts until cooked through. Mash 2 anchovy fillets with a fork in a small bowl. Add 1 clove of crushed garlic, a handful of grated parmesan, 5 tbsp mayonnaise and 1 tbsp of white wine vinegar, then stir and season. Tear 1 romaine lettuce into large pieces and put in a large bowl.

Tear the chicken into bite-sized strips and scatter half over the leaves, along with half the croûtons. Add most of the dressing and toss. Scatter over the rest of the chicken and croûtons, then drizzle with the remaining dressing. Sprinkle more parmesan on top and serve straightaway.

## Italian broccoli and salmon bake

**Serves 4** Turn the oven to fan 170C/ conventional 190C/gas 5. Cook

250g penne pasta according to pack instructions. After 6 minutes, add 300g of broccoli florets and cook for 4 minutes more, then drain well. Meanwhile, put 25g butter, 25g plain flour and 600ml milk in a large pan and heat, stirring continuously until it thickens, to make a smooth sauce. Remove from the heat and stir in 100g mascarpone, 8 thickly sliced sundried tomatoes,

Anchovies have a strong taste, but once cooked they're not at all 'fishy' and can add a subtle salty flavour to a wide range of dishes





8 halved anchovy fillets and a large handful of torn basil, then add the pasta and broccoli and season well. Halve 4 skinless salmon fillets, then place in a single layer on the base of an ovenproof dish. Spoon the broccoli mixture on top, then scatter with 50g grated cheddar. Bake for 30 minutes until golden.

## Rosemary chicken with tomato sauce

**Serves 4** Heat a little olive oil in a pan, then brown 8 skinless, boneless chicken thighs. Add a tsp of chopped rosemary, stir to coat, then set aside. In the same pan, heat a little more olive oil, then gently cook 1 finely sliced red onion for 5 minutes until soft. Add 3 cloves of sliced garlic, 2 chopped anchovy fillets and another tsp of chopped rosemary, then fry for a few minutes more until fragrant. Pour in a 400g can of chopped tomatoes and 1 tbsp capers with 75ml red wine. Bring to the boil, then return the chicken pieces to the pan. Cover, then cook for 20 minutes, until the chicken is cooked through. Season and serve with a crisp green salad and crusty bread.

## Bruschetta

**Serves 8** Roughly chop 4 tomatoes and put in a large bowl. Add 2 tbsp capers, 2 chopped anchovy fillets, a small bunch of roughly chopped basil, a clove of crushed



garlic, 1 tbsp extra-virgin olive oil and 1 tsp balsamic vinegar, then season with black pepper. Cut a ciabatta loaf into slices and toast on both sides in a hot oven until golden brown. Rub a halved clove of garlic over one side of the toast. Top with the tomato mixture and serve.

## Roasted peppers with tomatoes and anchovies

**Serves 4** Turn the oven to fan 140C/ conventional 160C/ gas 3. Put 4 halved and deseeded red peppers into a large baking dish, toss with a little of oil from a 50g can of anchovy fillets, then turn cut-side up. Roast for 40 mins, until softened. Slice 8 anchovies lengthwise, chop 8 small tomatoes in half, and thinly slice 2 cloves of garlic. Put 2 halves of tomato, several garlic slices, a few small rosemary sprigs and two pieces of anchovy into the hollow of each pepper. Drizzle over 2 tbsp olive oil, then roast for 30 mins more. Serve warm, or at room temperature.

## Quick pizza with anchovies and olives

**Serves 4** Using a 425g pack of bread mix, make up the bread dough according to pack instructions, kneading for

5 minutes until the dough feels smooth and springy. Divide in two then, on a floured surface, roll out 2 large, thin circles. Lift onto two baking sheets, then spread over 250g passata. Top with sliced mozzarella, half a can of anchovy fillets, 2 handfuls of pitted green and black olives, then drizzle with a little olive oil. Bake for 15-20 minutes, until the dough is crisp and the cheese is bubbling.

## Broccoli with anchovies, capers and chilli

**Serves 4** Steam the florets from 1 head of broccoli for 4 minutes until tender. Heat 2 tbsp olive oil in a pan and add 2 chopped anchovy fillets, 1 tbsp capers, 2 chopped red chillies and a clove of chopped garlic. Cook on a gentle heat for 2 mins. Heat another tbsp olive oil in a pan, then add 50g breadcrumbs and 1 more clove of chopped garlic and cook until golden. Drain on kitchen paper. Toss the broccoli with the oil, tip into a dish, then scatter over the breadcrumbs.

## Warm potato salad

**Serves 4** Cook 750g small new potatoes in boiling salted water until tender. Meanwhile, pound 1 clove of chopped garlic and 2 chopped anchovy fillets to form a paste. Mix with 3 tbsp mayonnaise, 1 tbsp olive oil, the juice of ½ a lemon and 3 tbsp grated parmesan. Season. Toss the dressing through the potatoes with 1 bunch of finely chopped spring onions while still warm.





# Cracking food

It's British Egg Week, so join in and enjoy the great versatility of eggs

**T**his October, embrace the mighty egg and start cooking more with them at home during British Egg Week (4-10 October). As health experts send out messages to eat more eggs, new research confirms that people still struggle to cook with them\*.

Step forward celebrity chef Paul Merrett, who shares his tips and inspirational recipes for British Egg Week. Paul's recipes and advice will be available in supermarkets beside the egg displays, and at [www.timeforeggs.com](http://www.timeforeggs.com).

Hailed a superfood, eggs are packed with essential vitamins and minerals – and experts have also lifted the previous limits on consumption of eggs due to the cholesterol they contain – so enjoy them and try Paul's frittata recipe, here.



**Paul Merrett says:**

**'Eggs like spices. The cumin and chilli really add a twist to this dish**

**and make it something more than your average frittata. Serve it hot or cold with warm pitta bread and a big crunchy salad for a great lunch dish.'**

## Egg facts

■ Eggs bearing the British Lion mark are guaranteed to have been produced to the highest standards of food safety. All Lion Quality eggs come from British hens vaccinated against salmonella, are fully traceable and have a 'best before' date on the shell as a guarantee of freshness.



**Delicious hot or cold**

## North African frittata with chickpeas, roasted pepper and butternut squash

■ Serves 4-6 ■ Takes 10 minutes, plus 30 minutes cooking

30ml olive oil  
225g butternut squash, peeled, deseeded and diced  
8 large British Lion eggs  
400g can chickpeas, drained  
1 red pepper, deseeded and diced  
50g rocket leaves  
½ tsp ground cumin  
pinch of dried chilli flakes  
150ml sour cream  
handful of chopped coriander

and stir in the chickpeas and rocket leaves.

**2** Now beat the eggs with the cumin, chilli flakes and plenty of seasoning. Pour into the baking tin over the vegetables. Place on a baking sheet and bake for 20-25 minutes or until the frittata is set in the middle and the top is golden.

**3** Leave to cool for 5 minutes, before turning out and cutting into squares. Serve warm or cold with a crisp salad.

**TO SERVE** Mix a handful of chopped coriander into the sour cream and serve alongside.

**1** Turn the oven to fan 170C/ conventional 190C/gas 5. Lightly oil a 20cm non-stick baking tin. Heat the oil in a non-stick frying pan, add the butternut squash and peppers and sauté for 8 minutes or until almost tender and golden. Transfer to the tin



## Grilled Mediterranean veg with bean mash

- Serves 2 ■ Ready in 25 minutes ■ £1.65 a portion
- 306 kcals, 14g fat, 2g sat. fat a portion
- Not suitable for freezing

1 red pepper, deseeded and quartered  
1 aubergine, sliced lengthways  
2 courgettes, sliced lengthways  
2 tbsp olive oil  
410g can haricot beans, rinsed  
1 garlic clove, crushed  
100ml vegetable stock  
1 tbsp chopped coriander

### 1 GRILL THE VEG

Heat the grill. Brush the vegetables lightly with oil, then grill for about 15 minutes, until soft and lightly browned.

### 2 MAKE THE MASH

Meanwhile, put the beans in a pan with the garlic and stock. Bring to the boil, then simmer, uncovered, for 10 minutes. Mash roughly, adding a little water if the mash seems too dry. Divide the veg and mash between 2 plates, and drizzle over any leftover oil. Season with black pepper, top with the coriander (and lemon wedges too, if you like).



# Just for two

These recipes are just the thing when you're cooking for the two of you – or they can easily be halved to serve one





## Vegetarian



## Garlicky prawn pasta

- Serves 2 ■ Ready in 20 minutes
- £1.84 a portion ■ 548 kcals, 13g fat, 7g sat. fat a portion
- Not suitable for freezing

200g linguine or spaghetti  
25g butter  
200g raw peeled prawns  
1 clove of garlic, crushed  
100ml white wine  
squeeze of lemon juice  
small handful of flat-leaf  
parsley, roughly chopped

### 1 COOK THE PRAWNS

Cook the pasta according to pack instructions. Meanwhile, heat a small knob of the butter in a frying pan. When it starts to sizzle, add the prawns and fry for 1 minute until they start to change colour. Add the

garlic and sizzle for 1 minute more, then pour in the wine and bring to the boil. Stir in the rest of the butter, season with salt and pepper and a squeeze of lemon juice, then mix in the chopped parsley.

### 2 SERVE

When the pasta is just cooked, drain and toss through the prawns. Divide the pasta between 2 bowls, pour over any remaining juices and serve straightaway.

**SERVE WITH** a green salad.

## Poached apricots with rosewater

- Serves 2
- Ready in 20 minutes, plus cooling time
- £1.79 a portion
- 161 kcals, 0g fat, 0g sat. fat a portion
- Suitable for freezing (apricots only)

50g caster sugar  
400g ripe apricots, halved and stoned  
few drops of rosewater  
Greek yogurt, to serve  
handful pistachios, roughly chopped, to serve

### 1 POACH THE APRICOTS

Put the sugar into a medium pan with 150ml water. Heat gently until the sugar dissolves, then add the apricots and simmer for 15 minutes until soft. Take off the heat, splash in the rosewater and leave to cool. Spoon into glasses to serve, topped with a few spoonfuls of the yogurt and a scattering of nuts.

**Rosewater is a popular flavouring in Middle Eastern cookery – you'll find it with the baking ingredients in the supermarket**





# Cooking on campus

Going to university for the first time can be daunting, but these speedy, budget-conscious recipes are easy to make, look impressive and are ideal for a student kitchen



**You can add chopped pistachios to the stuffing too**

## Gremolata couscous stuffed peppers

■ Serves 2 (easily multiplied) ■ Takes 15 minutes, plus 40 minutes in the oven  
■ £1.59 a portion ■ 302 kcals, 8g fat, 1g sat. fat a portion ■ Not suitable for freezing

85g couscous  
2 tbsp raisins  
50ml hot vegetable stock  
1 tsp clear honey  
grated rind and juice of 1 lemon  
2 cloves of garlic  
small bunch flat-leaf parsley  
150ml tub low-fat natural yogurt  
2 tomatoes, roughly chopped  
2 red peppers, halved and deseeded,  
but stalks left on  
1 tbsp olive oil

### 1 MAKE THE COUSCOUS

Turn the oven to fan 170C/conventional 190C/ gas 5. Put the couscous and raisins in a heatproof bowl. Stir together the stock, honey and lemon juice, then pour over the couscous. Cover and leave to absorb for 5 minutes.

### 2 MAKE THE GREMOLATA

Finely chop the lemon rind, garlic and parsley and mix together in a bowl. Stir 1 tbsp of this mixture into the yogurt and

set aside. Stir the remaining mixture into the couscous with the tomatoes and some seasoning.

### 3 ASSEMBLE

Spoon the couscous mixture into each pepper half, then sit them in a small roasting tin. Drizzle with oil, then bake for 40 minutes until the peppers are tender. Serve with the yogurt.

**SERVE WITH** a green salad.



## Leek, cheese and bacon tart

- Serves 4
- Ready in 35 minutes
- £1.58 a portion
- 637 kcals, 49g fat, 22g sat. fat a portion
- Not suitable for freezing

1 tbsp olive oil  
3 leeks, thinly sliced  
375g pack ready-rolled puff pastry  
150g pack soft cheese with garlic and herbs (we used Boursin)  
4 rashers streaky bacon, snipped  
100g grated emmental

**1 FRY THE LEEKS**  
Turn the oven to fan 180C/ conventional 200C/gas 6. Heat the oil in a frying pan, then gently fry the leeks until soft, about 5 minutes. Leave to cool.

**2 ASSEMBLE**  
Unroll the pastry onto a baking sheet. Spread the soft cheese over the pastry to within 3cm of the edges. Scatter over the leeks, bacon and grated emmental. Flip the edges of the pastry over the filling a little (as in the picture). Bake for 20 minutes until golden.

**SERVE WITH** a green or mixed salad.



You could also make these into Mediterranean tarts by spreading the pastry with 4 tbsp olive tapenade, topping with 6 sliced tomatoes and scattering with 1 tbsp pine nuts and 1 tsp oregano leaves. Bake as above





## BBQ beans with mashed potato

- Serves 2 (easily multiplied) ■ Ready in 30 minutes
- 93p a portion ■ 396 kcals, 12g fat, 4g sat. fat a portion
- Suitable for freezing

**1 onion, finely chopped**  
**1 celery stick, finely chopped**  
**1 tbsp vegetable oil**  
**50g bacon, thinly chopped**  
**1 clove of garlic, crushed**  
**400g can chopped tomatoes**  
**2 tsp tomato purée**  
**1 tsp brown sugar**  
**1 tbsp malt vinegar**  
**400g can haricot beans, drained and rinsed**  
**300g potatoes, peeled and cubed**  
**2 tbsp milk**  
**1 tbsp cream cheese**

**1 MAKE THE BBQ BEANS**  
Cook the onion and celery in the oil for 10 minutes. Add the bacon, then fry for 3 minutes, until beginning to brown. Add the garlic and then cook for 30 seconds. Pour in the tomatoes and

stir through the tomato purée, sugar and vinegar. Simmer over a high heat for 5-10 minutes, until thickened, stirring often to make sure the mixture doesn't catch. Gently stir the beans through, then cook for a further 2-3 minutes on a medium heat, until heated through.

**2 MAKE THE MASH**  
Meanwhile, boil the potatoes for 15 minutes or until tender, then drain. Mash with the milk, cream cheese and seasoning.

**3 ASSEMBLE**  
Fill two small bowls three-quarters full with the bean mixture. Top with a spoonful of mash, smooth over with a spoon and serve.

**For a browner, crispier topping, grill for 2 minutes**

## Curried potato pasties

- Makes 4 ■ Ready in 35 minutes, plus cooling time
- 68p a portion ■ 480 kcals, 26g fat, 10g sat. fat a portion
- Suitable for freezing (uncooked)

**300g potatoes, peeled and cut into small chunks**  
**100g frozen peas**  
**2 tsp oil**  
**1 onion, sliced**  
**1-2 tsp curry paste**  
**1 tsp black mustard seeds**  
**juice ½ lemon**  
**handful of coriander, chopped**  
**375g pack ready-rolled puff pastry**  
**1 egg, beaten**

frying pan. Fry the onion until soft and slightly coloured. Add the curry paste and mustard seeds, then fry for a few minutes more, until the mixture smells fragrant. Carefully stir in the potatoes and peas, trying not to mash them. Add the lemon juice and coriander, then leave to cool.

**1 COOK THE POTATOES**  
Heat a large pan of water, add the potatoes, then cook for 8 minutes until just soft. Add the peas 1 minute before the end of cooking time. Drain, then set aside.

**2 FRY THE ONION**  
Meanwhile, heat the oil in a

**3 BAKE**  
Turn the oven to fan 180C/ conventional 200C/gas 6. Unroll the pastry, place on a floured surface with the long side towards you and roll it out a little more to make it into a square shape. Cut into 4 squares, then cut each one



**Perfect to eat cold the next day too**

in half so you have 8 long rectangles. Place 4 of them onto a baking sheet, brush the edges with beaten egg and place a quarter of the filling down the centre of each. Top with the remaining pastry, then pinch the edges together

to make a sealed parcel. Brush with a little more egg, then bake for 20 minutes, until puffed and golden.

**SERVE WITH** a green salad and a spoonful of chutney.



## Kofta burgers

- Makes 8 ■ Ready in 25 minutes ■ £1.14 each
- 295 kcals, 18g fat, 8g sat. fat a portion
- Suitable for freezing (uncooked burgers only)

1kg lamb mince  
 2 onions, coarsely grated  
 1 garlic bulb, broken into cloves and finely chopped or grated  
 6 tbsp garam masala  
 bunch coriander, chopped (optional)  
 1 tbsp chilli sauce, plus extra to serve  
 8 pitta breads  
 4 tomatoes, halved and sliced  
 ½ red cabbage, shredded  
 1 red onion, sliced  
 small pot plain yogurt

### 1 MAKE THE PATTIES

Tip the mince into a large bowl with the onions, garlic, garam masala, coriander (if using), chilli sauce and a pinch of salt. Use your hands to squeeze everything together until completely mixed. Pat the mix into 16 small burgers.

### 2 GRILL

To cook, heat the grill to its highest setting and lay the burgers in a single layer on a baking tray (you may need to do this in batches, depending on how big your tray is). Grill on the highest shelf for 5–6 minutes on each side, until browned and cooked through. Pile the burgers onto a plate and serve with the pitta breads, tomatoes, red cabbage, red onion and yogurt, so everyone can assemble their own.

**Cheaper, tastier and healthier than a takeaway – and a great way to feed a crowd of friends**







Serve with extra lime juice, sugar and fish sauce on the side so everyone can adjust the flavours to their own taste

## Thai chicken broth

- Serves 4
- Ready in 15 minutes
- £1.21 a portion
- 179 kcals, 6g fat, 1g sat. fat a portion
- Not suitable for freezing

1 litre hot chicken stock  
1 tbsp Thai red curry paste  
1 tbsp Thai fish sauce  
2 tsp sugar  
grated rind and juice of 2 limes  
100g portobello mushrooms, sliced  
bunch spring onions, sliced, whites and greens separated  
200g leftover chicken, shredded

### 1 MAKE THE BASE

Tip the stock into a pan, then stir in the curry paste, fish sauce, sugar, lime juice and most of the lime rind. Bring to the boil, then add the mushrooms and the whites of the spring onions. Cover, then simmer for 2 minutes.

### 2 ADD THE CHICKEN

Stir in the chicken and most of the spring onion greens to gently heat through, then serve ladled into bowls and scattered with the remaining lime rind.

# 10 clever ideas for... chicken

Chicken is always a popular choice for weekday main meals, but we all tend to get into a rut with the way we cook it – so try some of these suggestions for a change

## Easy chicken chow mein

- Serves 4 ■ Takes 20 minutes
- £1.75 a portion ■ 545 kcals, 12g fat, 1g sat. fat a portion
- Not suitable for freezing

3 cloves of garlic, crushed  
good chunk of fresh ginger, grated  
1 red chilli, deseeded and chopped  
1 tbsp soy sauce  
2 tbsp tomato purée  
2 chicken breasts, cut into chunky strips  
3 blocks dried egg noodles





## Homemade chicken nachos

- Serves 4
- Ready in 15 minutes
- £2 a portion
- 484 kcals, 25g fat, 8g sat. fat a portion
- Not suitable for freezing

200g plain corn tortilla chips  
2 cooked chicken breasts, shredded into small pieces  
6 spring onions, thinly sliced  
140g red leicester cheese, grated  
1 small jar red or green sliced pickled jalapeños  
small bunch coriander, leaves roughly chopped

### 1 ASSEMBLE

Turn oven to fan 180C/ conventional 200C/gas 6. Layer up the tortilla chips in an ovenproof dish or baking tray with the shredded chicken, spring onions, cheese and jalapeños.

### 2 BAKE

Bake for 8 minutes, or until the cheese is melted. To serve, sprinkle with the coriander.

**SERVE WITH** salsa, hot pepper sauce and crème fraîche.



- ½ a head broccoli, broken into florets
- 3 carrots, cut into thin sticks
- 1 tbsp vegetable oil
- 300g pack beansprouts
- 3 spring onions, halved and sliced into long strips
- 1 tbsp oyster sauce

### 1 MARINATE THE CHICKEN

Mix together the garlic, ginger, chilli, soy sauce and tomato purée, then add the chicken and leave it to marinate while you prepare the rest of the ingredients.

### 2 COOK THE NOODLES

Boil a large pan of water, add the noodles, broccoli and carrots, then cook for 4 minutes before draining.

### 3 STIR-FRY

Heat the oil in a wok, tip in the chicken and its marinade, then stir-fry for 4-5 mins. Toss in the noodles, vegetables, beansprouts and spring onions to warm through, then mix the oyster sauce with 2 tbsp water and stir in just before serving.



Use leftover roast chicken to make  
this simple supper



## Chicken with tomatoes and olives

- Serves 4 ■ Ready in 20 minutes ■ £2.13 a portion
- 531 kcals, 32g fat, 9g sat. fat a portion ■ Not suitable for freezing

2 tbsp oil  
2 cloves of garlic, thinly sliced  
25g pack basil, stalks chopped,  
leaves mostly shredded  
two 400g cans cherry tomatoes  
1 tsp sugar  
handful of olives  
leftover cooked chicken, sliced

**1 SOFTEN THE GARLIC**  
Heat the oil in a frying pan, then soften the garlic and the basil stalks for 3 minutes.

**2 SIMMER**  
Tip in the tomatoes, sugar and the shredded basil. Bring

to the boil, then simmer for 15 mins until saucy. Season. Add the olives, the chicken and any juices. Stir, then simmer for 2 minutes. To serve, scatter with a few whole basil leaves.

**SERVE WITH** crusty bread.

## Chicken hoisin wraps

- Serves 2
  - Ready in 10 minutes
  - £1.30 a portion
  - 252 kcals, 7g fat, 2g sat. fat a portion
  - Not suitable for freezing
- 2 tortilla wraps  
2 tsp hoisin sauce  
100g cooked chicken, shredded  
¼ cucumber, cut into sticks  
2 spring onions, shredded

**1 HEAT THE WRAPS**  
Warm the wraps in the microwave or in a dry frying pan.

**2 ASSEMBLE**  
Spread each one with a teaspoon of hoisin sauce, then scatter with the chicken, a few cucumber sticks and shredded spring onions. Wrap up and slice in half.

## Chicken one-pot

- Serves 4
- Takes 40 minutes
- £1.50 a portion
- 339 kcals, 10g fat, 3g sat. fat a portion
- Suitable for freezing

1 tbsp olive oil  
1 onion, chopped  
500g boneless, skinless chicken thighs  
300g small new potatoes  
425ml low-salt vegetable stock  
350g broccoli, cut into small florets  
350g spring greens, shredded  
140g petit pois  
bunch spring onions, sliced  
2 tbsp pesto

**1 FRY THE CHICKEN**  
Heat the oil in a large, heavy pan and gently fry the onion for 5 minutes until soft. Add the chicken and fry until lightly coloured.



**2 SIMMER**  
Add the potatoes, stock and plenty of freshly ground black pepper, then bring to the boil. Cover, then simmer for 30 minutes, until the potatoes are tender and the chicken is cooked through.

**3 ADD THE GREEN VEG**  
Add the broccoli, spring greens, petit pois and spring onions, stir well, then return to the boil. Cover, then cook for 5 minutes more. Stir in the pesto and heat through.

Deliciously  
warming on a  
cool evening





**Cooking a whole chicken can be better value than buying individual pieces**



## Braised chicken and veg

- Serves 4 ■ Takes 10 minutes, plus 35 minutes in the oven ■ £1.73 a portion
- 415 kcals, 21g fat, 9g sat. fat a portion
- Not suitable for freezing

- 2 onions, each cut into 8 wedges
- 4 parsnips, cut into sticks
- 4 carrots, cut into sticks
- 1 sweet potato, cut into sticks
- 3 strips of lemon rind
- 425ml chicken stock
- 8 chicken pieces (we used a mixture of thighs and drumsticks)
- small bunch of parsley, roughly chopped
- 4 tbsp crème fraîche or double cream

### 1 BRAISE THE VEG

Turn the oven to fan 170C/conventional 190C/gas 5. Put all the vegetables and the lemon rind in an ovenproof dish and pour over the stock. Cook in the oven for 10 minutes.

### 2 ADD THE CHICKEN

Meanwhile, heat a frying pan, then brown the chicken on all sides. Lay the chicken on the vegetables, season, then bake for 25 mins more until the chicken is cooked. Stir in the parsley and crème fraîche or cream to serve.

## Really useful roast chicken

- Serves 4 ■ Takes 10 minutes, plus 1 hour 10 minutes roasting, and resting time ■ £1.22 a portion
- 434 kcals, 25g fat, 8g sat. fat a portion

- 1 medium whole chicken, about 1.6kg
- 1 lemon, halved
- 1 onion, cut into wedges
- 2 tbsp olive oil
- a few thyme or rosemary sprigs, or 2-3 bay leaves

### 1 PREPARE THE CHICKEN

Turn the oven to fan 180C/conventional 200C/gas 6. Untie the legs and sit the chicken in a non-stick roasting tin. Push the lemon, half the onion and a few herb sprigs into the cavity. Re-tie the legs with string, if you like. Turn the chicken over so the breast side is facing down, season generously, then drizzle with half the oil.

### 2 ROAST

Roast for 30 minutes. Carefully turn the chicken over, add the remaining onion and a few more herb sprigs to the tin, then toss them with any juices. Season the breast, then drizzle with the remaining oil. Roast for 40 minutes more, until deep golden. Test the chicken is cooked by inserting a skewer into the thickest part of the thigh – the juices should run clear. If they don't, cook for 10 more minutes, then check again. Rest for 20 minutes, then serve hot, or leave to cool and carve or tear off the meat to use in other recipes. Chill for up to 3 days.



## Mushroom, chicken and bacon risotto

- Serves 4 ■ Ready in 45 minutes, plus soaking time
- £3.09 a portion ■ 785 kcals, 33g fat, 14g sat. fat a portion
- Not suitable for freezing

**50g dried porcini mushrooms**  
**1.3 litres chicken stock**  
**250g pack chestnut mushrooms, sliced**  
**8 rashers smoked streaky bacon, chopped**  
**50g butter**  
**1 onion, finely chopped**  
**300g risotto rice**  
**1 small glass white wine**  
**50g parmesan, finely grated**  
**leftover roast chicken, skinned and chopped**  
**handful of parsley leaves, chopped**

### 1 SOAK THE DRIED MUSHROOMS

Soak the dried mushrooms in 500ml boiling water for 20 minutes, then drain the

liquid into the stock. You should end up with 1.5 litres of stock in total. Chop the soaked mushrooms and add to the chestnut mushrooms.

### 2 FRY

Fry the bacon in half the butter, then add the onion and cook until soft. Add the mushrooms and continue to cook for a few minutes until soft. Stir through the rice and continue stirring until the rice is shiny and the edges of the grains start to look transparent.

### 3 ADD THE LIQUID

Pour in the wine and simmer until it has evaporated.



Add the stock, a ladleful at a time, stirring with each addition, over a low heat for 25-30 mins until absorbed. The risotto should be creamy and slightly soupy and when you draw a wooden spoon through it, there should be a trail that holds for a few moments.

### 4 FINISH THE DISH

When you add the final ladle of stock, stir through the chicken to reheat. Add the chopped parsley with the parmesan and remaining butter, leave to rest for a few minutes, then stir and serve immediately.

## Moroccan chicken stew

- Serves 8 ■ Ready in 1 hour 45 minutes, plus marinating time
- £1.27 a portion
- 657 kcals, 42g fat, 9g sat. fat a portion
- Suitable for freezing

**12 clementines**  
**4 cloves of garlic, crushed**  
**juice of 1 lemon**  
**a bunch of coriander, half chopped**  
**8 chicken pieces**  
**2 onions, finely chopped**  
**2 tsp ground black pepper**  
**2 tsp ground ginger**  
**½ tsp saffron (optional)**  
**125ml olive oil**  
**1 cinnamon stick**  
**350g pitted black olives**  
**450g couscous**

### 1 MARINATE THE CHICKEN

Wash, but don't peel, the clementines, then cut each into 8 wedges. Mix the garlic and lemon juice with 2 tsp salt and the chopped coriander, then rub into the chicken. In a



bowl, mix the onions, pepper, ginger, saffron (if using) and oil, then pour over the chicken. Marinate for 30 minutes.

### 2 FRY THE CHICKEN

Heat a large flameproof casserole or pan. Remove the chicken from the marinade, wiping most of it off (but don't throw the marinade away). Cook in batches until golden.

### 3 SIMMER

Return the chicken to the pan, then spoon over the marinade and add enough water to come two-thirds of the way up the chicken. Add the cinnamon, bring to the boil, then reduce the heat and simmer for 30 minutes. Add the clementine wedges and olives and simmer for 30 minutes more.

### 4 REDUCE THE SAUCE

Make the couscous according to pack instructions and keep warm. If you want to thicken the sauce, remove the chicken from the pan and boil the cooking juices to reduce to a saucy consistency. Season. Serve the couscous topped with the chicken and the sauce. Chop the remaining coriander and sprinkle over.



# easy weekend food

When you've got a little more time to spend in the kitchen, these recipes are perfect

Try our  
easy-  
to-follow  
recipes



IN THIS SECTION, DON'T MISS...

- STEP-BY-STEP NAVARIN OF LAMB
- PIE HEAVEN – DELICIOUS IDEAS
- SCRUMPTIOUS AUTUMN DESSERTS





## Goat's cheese and garlic linguine

- Serves 4 ■ Ready in 30 minutes ■ £1.42 a portion
- 740 kcals, 34g fat, 13g sat. fat a portion
- Not suitable for freezing

**1** garlic bulb, broken into cloves but left unpeeled  
**4** tbsp extra-virgin olive oil, plus extra for drizzling  
**3** onions, finely sliced  
**2** tbsp fresh thyme leaves  
**12** slices pancetta  
**400g** linguine  
**200g** firm goat's cheese

### 1 COOK THE GARLIC AND THE ONIONS

Turn the oven to fan 180C/ conventional 200C/gas 6. Loosely wrap the garlic in foil with 1 tsp of oil. Put in a roasting tin and cook for 20 minutes, until soft. Meanwhile, fry the onions in 2 tbsp of oil for 15 minutes until caramelised, adding the thyme for the final 5 minutes.

### 2 FRY THE PANCETTA

In a separate pan, dry-fry the pancetta until golden and crisp, then set aside.

### 3 COOK THE PASTA

Cook the pasta according to pack instructions. Pop the roasted garlic cloves out of their skins, add to the onions, then stir in the remaining oil. Drain the pasta, then toss through the onions, adding a good splash of cooking water. Crumble over the cheese and lightly stir. Season, then pile onto plates. Drizzle with a little more oil and top with the pancetta.

**SERVE** scattered with chopped parsley, if you like.

# Start the weekend

Treat yourself to something special but simple on a Friday night

## Baked spinach and ricotta pancakes

- Serves 4 ■ Takes 15 minutes, plus 30 minutes in the oven
- £1.61 a portion ■ 506 kcals, 22g fat, 12g sat. fat a portion
- Not suitable for freezing

**1** large onion, sliced  
 knob of butter  
**1** clove of garlic, crushed  
**250g** spinach, washed  
**250g** tub of ricotta  
 grated rind of **1** lemon  
**50g** parmesan, grated  
**8** ready-made pancakes (look for ones without added sugar)  
**350ml** jar of good-quality tomato pasta sauce

### 1 COOK THE ONIONS AND SPINACH

Turn the oven to fan 180C/ conventional 200C/gas 6. Cook the onions in the butter in a large pan, until soft, caramelised and dark golden. Add the garlic and

spinach and cook until the spinach is wilted. Cool.

### 2 FILL THE PANCAKES

Mix the ricotta, lemon rind and half the parmesan into the spinach mixture and season. Divide between the pancakes and roll up each to make an evenly-filled tube.

### 3 BAKE

Spread a third of the pasta sauce on the bottom of a baking dish. Sit the pancakes side by side in the dish. Pour over the rest of the sauce, then sprinkle with the remaining parmesan. Bake for 25-30 minutes until bubbling and the cheese is golden.







Hearty comfort food

## Saucy roast sausages with lentils

- Serves 4 ■ Ready in 30 minutes ■ £1.20 a portion
- 561 kcals, 27g fat, 7g sat. fat a portion ■ Not suitable for freezing

4 tsp olive oil  
 2 red or white onions, sliced  
 250g puy lentils  
 700ml chicken or vegetable stock  
 8 pork sausages  
 400g cherry tomatoes, half halved,  
 half left whole

### 1 COOK THE LENTILS

Heat half the oil in a non-stick pan and soften the onion for 5 minutes. Stir in the lentils, pour over the stock, then cover and simmer for 25 minutes, until the lentils are just cooked and most of the liquid has evaporated. If the lentils look dry before they've finished cooking, splash in a little water.

### 2 ROAST THE SAUSAGES

Meanwhile, turn the oven to fan 200C/conventional 220C/gas 7. Put the sausages in a small roasting tin, drizzle with the remaining oil and roast for 25 minutes – add the tomatoes 8 mins before the end of cooking time. Season. Spoon the lentils onto plates and top with the sausages, tomatoes and any juices.



# Weekend meals

Whether you're looking for a warming meal or a light supper, these recipes are perfect

## Crisp roast pork with honey mustard gravy

- Serves 4 ■ Takes 20 minutes, plus 2 hours 20 minutes in the oven
- £2.63 a portion ■ 726 kcals, 47g fat, 18g sat. fat a portion
- Not suitable for freezing

2kg pork loin, bone in, fat scored  
1 tbsp olive oil  
100ml hot chicken stock  
1 tbsp wholegrain mustard  
1 tbsp clear honey  
1 tsp finely chopped thyme leaves

### 1 ROAST THE PORK

Turn the oven to fan 220C/conventional 240C/gas 9. Pat the pork all over with kitchen paper. Lightly rub all over with the olive oil and sprinkle liberally with salt. Cook for 20 minutes, turn the oven down to fan 170C/conventional 190C/gas 5, then cook for 30 minutes per 500g (about 2 hours). Remove from the tin, place on a serving plate and loosely cover with foil.

### 2 MAKE THE GRAVY

Pour off any excess fat from the tin. Add the stock to the tin, then stir to incorporate the meat juices and sticky bits at the bottom. Pour through a sieve into a small pan. Add the mustard, honey and thyme, plus the juices from the resting meat. Stir and simmer for 5 minutes until starting to turn syrupy. Serve alongside the pork.

**SERVE WITH** roast veg and a salad.

### Try a change from roast potatoes...

Bake 4 medium-sized potatoes in the oven for 45 minutes until soft (or cook them in the microwave). Cut in half lengthways, scoop out the flesh and set aside, leaving enough skin behind to form a shell. Place the potato shells cut-side up on a baking tray and brush with melted butter. Grill for 3-5 minutes until starting to crisp. Meanwhile, mash the potato flesh with 100g cheddar, season, then pile back into the shells and grill for 5 minutes, until golden.





The honey mustard  
gravy is a bit like a  
warm vinaigrette –  
perfect with simple  
roast pork







## Five-spice beef with black bean sauce

■ Serves 2 ■ Ready in 15 minutes ■ £2.93 a portion  
 ■ 352 kcals, 18g fat, 7g sat. fat a portion ■ Not suitable for freezing

100g sachet black bean sauce  
 2 cloves of garlic, finely chopped  
 1 small knob of ginger, finely grated  
 2 tbsp rice wine vinegar  
 2 tsp Chinese five-spice powder  
 1 large sirloin steak, about 300g  
 3 heads bok or pak choi, halved  
 1 tsp sesame oil

### 1 MAKE THE SAUCE

Mix the black bean sauce, garlic, ginger and rice wine vinegar together in a small pan, then gently simmer until hot.

### 2 GRIDDLE THE STEAK

Heat a griddle pan until very

hot. Rub the five-spice all over the steak, then season with a little salt and pepper. Sear the steak for 2-3 mins on each side until cooked to your liking, then leave to rest.

### 3 COOK THE BOK CHOI

Meanwhile, gently simmer or steam the bok or pak choi for 4-5 minutes until wilted, but still crunchy. Toss the greens in a few tablespoons of sauce and the sesame oil. Cut the steak into thick slices. Serve on a plate with a small pot of sauce and the greens.

**SERVE WITH** rice.



You can make this for vegetarians by substituting the mince with 1 sliced onion and 2 sliced red peppers





This is delicious with chive mash. Just make your mash as you normally do and then stir through a small bunch of snapped chives



## Mini meatloaves

- Serves 4
- Takes 15 mins, plus 50 mins in the oven
- 84p a portion
- 365 kcals, 19g fat, 7g sat. fat a portion
- Suitable for freezing

4 tsp olive oil  
1 onion, finely chopped  
1 carrot, finely chopped  
175ml passata  
50g fresh breadcrumbs  
2 tsp Worcestershire sauce  
1 egg, beaten  
500g lean beef or pork mince  
2 tsp thyme leaves  
2 plum tomatoes, halved, seeds scraped out  
1 tsp sugar

### 1 MAKE THE MEATLOAVES

Turn the oven to 200C/fan 180C/gas 6. Fry the onion and carrot in 1 tsp oil for 10 mins. Tip into a bowl, add 5 tbsp passata, the breadcrumbs, Worcestershire sauce, egg, mince and half the thyme. Season and mix.

### 2 BAKE

Brush 4 large ramekins or muffin tins with the remaining oil. Press in the mixture, then pour over the remaining passata. Top each with a tomato half, sprinkled with sugar, salt and pepper and the remaining thyme. Bake for 50 minutes until cooked.

**SERVE WITH** chive mash.



## Cheesy stuffed squash

- Serves 4-6
- Ready in 50 minutes
- £1.60 a portion
- 471 kcals, 27g fat, 12g sat. fat a portion
- Not suitable for freezing

2 butternut squash, halved and deseeded  
2 tbsp olive oil  
500g pack lamb mince  
1 tbsp tomato purée  
1 tsp ground cumin  
100g couscous  
100g goat's cheese or feta, crumbled  
mint leaves, to serve (optional)

soft. Scoop out the flesh, and chop, reserving the squash shells.

### 2 MAKE THE STUFFING

Meanwhile, heat the remaining oil in a pan over a high heat. Cook the mince for 10 minutes. Mix in the purée, cumin and couscous. Add 100ml water. Cover, then remove from the heat. Leave to stand for 10 minutes.

### 1 COOK THE SQUASH

Turn the grill to high. Place the squash on a baking sheet, cut-side up, drizzle with 1 tbsp of the olive oil, season and put under the grill. Cook for 15 minutes, turn the pan and cook for 15 minutes more until

### 3 GRILL

Add the squash to the mince with most of the cheese. Fluff up the couscous. Pile into the squash shells. Top with remaining cheese and grill until bubbling.





Cooking this risotto in the oven means you get the same creamy texture as a hob-cooked version – but without the constant attention

## Oven-baked red pepper risotto

- Serves 4
- Takes 10 minutes, plus 25 mins in the oven
- 52p a portion
- 334 kcals, 4g fat, 1g sat. fat a portion
- Suitable for freezing

1 tbsp oil  
1 onion, chopped  
300g risotto rice  
100ml white wine (optional, or use more stock)  
400g can chopped tomatoes  
200g frozen roasted peppers  
500ml vegetable stock  
handful flat-leaf parsley, chopped  
parmesan, to serve (optional)

### 1 FRY THE RICE AND VEG

Turn the oven to fan 180C/conventional 200C/gas 6. Heat the oil in an ovenproof pan, then fry the onion for a few minutes until soft. Turn up the heat, tip in the rice, stir, then fry for 1 minute more. Pour in the wine, if using, stirring until absorbed, then add the tomatoes, peppers and 400ml of the stock.

### 2 BAKE THE RISOTTO

Cover and bake in the oven for 25 minutes, until the rice is tender and creamy.

### 3 FINISH THE DISH

Stir in the remaining stock and parsley, season and scatter with parmesan, if you like.

## Chicken biryani

- Serves 4
- Ready in 40 minutes
- £2.13 a portion
- 617 kcals, 12g fat, 4g sat. fat a portion
- Not suitable for freezing

300g basmati rice  
25g butter  
1 large onion, finely sliced  
1 bay leaf  
3 cardamom pods  
small cinnamon stick  
1 tsp turmeric  
4 skinless chicken breasts, cut into large chunks  
4 tbsp curry paste (we used Patak's Balti Paste)  
85g raisins  
850ml chicken stock  
chopped coriander and toasted flaked almonds, to serve

then rinse well in cold water.

### 2 MAKE THE BIRYANI

Heat the butter in a pan and cook the onions with the bay and whole spices for 10 mins. Add the turmeric, chicken and curry paste and cook for 5 minutes.

### 3 ADD THE RICE

Stir in the rice and raisins, then pour over the stock. Cover, bring to a boil, then lower the heat and cook for 5 mins more. Turn off the heat and leave for 10 mins. Mix well and stir in half the coriander. To serve, scatter over the rest of the coriander and the almonds.



### 1 PREPARE THE RICE

Soak the rice in warm water,





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## Apricot tart with cinnamon pastry

■ Serves 6-8 ■ Takes 15 minutes, plus 35 minutes in the oven ■ £1.13 a portion  
■ 311 kcals, 16g fat, 9g sat. fat a portion ■ Not suitable for freezing

2 tsp ground cinnamon  
375g block dessert pastry  
1 tbsp polenta  
700g apricots, halved and stoned  
2 tbsp light muscovado sugar  
1 egg white  
1 tbsp demerara sugar

### 1 PREPARE THE PASTRY

Sprinkle the cinnamon over a large piece of baking parchment, then roll out the pastry on the baking parchment to about a 30cm round. Slide the pastry onto a large baking sheet (leave it on the paper) and sprinkle with the polenta, leaving a 5cm border all the way round.

### 2 TOP WITH THE APRICOTS

Toss the apricots in the muscovado sugar, then arrange over the polenta-covered part of the pastry, cut-sides up. Fold the edges of the pastry over the apricots, leaving the centre uncovered.

### 3 BAKE

Turn the oven to fan 180C/ conventional 200C/gas 6. Lightly beat the egg white and brush over the pastry. Sprinkle with the demerara sugar, then bake for 30-35 minutes, until the pastry is crisp and the apricots are tender.

This is ideal when you've got a crowd to feed. Serve with vanilla ice cream, or mascarpone sweetened with a little icing sugar

# Weekend desserts

Make the most of autumn fruits, from plums to blackberries – and try our delicious chocolate pastries too







## Plum, orange and almond cobbler

- Serves 6
- Takes 15 minutes, plus 1 hour in the oven ■ £2.09 a portion
- 459 kcals, 17g fat, 7g sat. fat a portion
- Not suitable for freezing

**1.5kg ripe plums (about 14), stoned and halved**  
**100g caster sugar, plus 4 tbsp extra**  
**1 tbsp plain flour**  
**1 cinnamon stick, snapped in half**  
**grated rind and juice of 2 oranges**  
**50g ground almonds**  
**300g self-raising flour, plus more for dusting**  
**1 tsp baking powder**  
**85g cold butter, cut into cubes**  
**150g pot natural full-fat yogurt**  
**4 tbsp full-fat milk**  
**1 tsp vanilla extract**  
**handful of flaked almonds**

### 1 BAKE THE FRUIT

Turn the oven to fan 180C/ conventional 200C/gas 6. Mix the plums, 100g caster sugar, 1 tbsp plain flour and the cinnamon in a large baking dish. Pour over the orange juice, cover with foil, then bake for 30 minutes until the fruit has softened.

### 2 MAKE THE BATTER

Put the ground almonds, orange rind, self-raising flour, baking powder and  $\frac{1}{4}$  tsp salt into a food processor, whizz in the butter until it disappears and then pulse in the remaining sugar. Tip into a large bowl, then make a well in the middle. Warm the yogurt, milk and vanilla together in the microwave for 1 minute or in a pan – it should be hot and may go a bit lumpy-looking. Tip into the bowl and quickly work into the flour mix using a knife. The mix should be stiffish, but spoonable.

### 3 BAKE THE COBBLER

Remove the plums from the oven, uncover, then top with 6 big spoonfuls of batter. Scatter with flaked almonds and a little sugar. Bake for 30 minutes, until the topping is golden and the fruit bubbles underneath. Scatter with more caster sugar to serve.

## Mini chocolate pithiviers

- Makes 4 ■ Takes 25 minutes, plus 25 minutes in the oven ■ £1.43 a portion
- 1079 kcals, 82g fat, 33g sat. fat a portion ■ Not suitable for freezing

**50g dark chocolate, roughly chopped**  
**100g blanched almonds**  
**100g caster sugar**  
**1 tbsp cocoa powder**  
**100g butter, softened**  
**2 egg yolks, plus 1 extra, whisked with 1 tbsp water for glazing**  
**1 tbsp dark rum**  
**two 375g packs ready-rolled puff pastry**

### 1 MAKE THE FILLING

Turn the oven to fan 180C/ conventional 200C/gas 6. To make the filling, whizz the chocolate, almonds, sugar and cocoa together in a food processor until you have a fine crumb mixture. Add the butter, 2 egg yolks and rum and whizz again to make a paste.

### 2 ASSEMBLE THE PITHIVIERS

Cut 8 circles from the pastry about 9cm diameter (use a saucer as a guide). Divide the chocolate paste between 4 of the circles, heaping it into the middles and leaving a 1cm border around the edges. Brush the pastry borders with some of the whisked egg yolk, then top with the other 4 pastry circles, smoothing them down over the filling. Press and crimp the edges to seal, score the tops lightly in a spiral pattern with a knife, and brush all over with the remaining whisked egg yolk. Chill for 10 minutes, then bake for 20–25 minutes, until puffed and golden.



Try this with  
other fruit too –  
apples and pears  
or peaches and  
blueberries would  
work well





## Blackberry queen of pudding pots

- Makes 6 ■ Takes 20 minutes, plus 35 minutes in the oven
- £1.14 a portion ■ 493 kcals, 17g fat, 8g sat. fat a portion
- Not suitable for freezing

600ml full-fat milk  
grated rind of 1 lemon  
25g butter, plus extra for greasing  
4 eggs, separated  
200g caster sugar, plus extra  
for scattering  
4 individual brioche rolls, sliced  
140g blackberry jam or  
bramble jelly  
450g blackberries

### 1 MAKE THE CUSTARD

Bring the milk, lemon rind and butter to the boil, then turn off the heat. Beat the egg yolks with 100g of the sugar, then strain the hot milk over the egg yolks, beating constantly. Pour into a jug.

### 2 BAKE THE BRIOCHE

Grease 6 large individual ramekins (about 300ml each) and turn the oven to fan 160C/conventional 180C/gas 4. Push the brioche into the ramekins so they are half-full. Pour the custard equally over the brioche, place the ramekins on a baking tray, then bake for 20 minutes.

### 3 HEAT THE BLACKBERRIES

Meanwhile, bubble the jam with the blackberries for 6-8 minutes in a pan until they start to soften, then turn off the heat.

### 4 MAKE THE MERINGUE

When the brioche has a few minutes left in the oven, whisk the egg whites in a very clean bowl until they form peaks. Gradually whisk in the remaining 100g sugar and continue to whisk until peaking again.

### 5 BAKE THE PUDDINGS

When the brioche is golden and puffed up, spoon over the blackberries, then top with swirls of egg white. Scatter each with a little more sugar, then bake for 15 minutes until golden. Leave to cool slightly before serving.

If you've picked your own blackberries, taste a few first to gauge how sweet they are, then add more sugar if needed





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**RTECP10A**



## Cauliflower and cashew pilaf with chickpea curry

■ Serves 4 ■ Ready in 30 minutes ■ £1.36 a portion  
■ 608 kcals, 29g fat, 5g sat. fat a portion ■ Suitable for freezing

2 tbsp vegetable oil  
1 onion, chopped  
100g cashews  
200g basmati rice  
400g cauliflower, cut into small florets  
425g jar curry sauce (we used Loyd Grossman's Dopiaza)  
400g can chickpeas, rinsed and drained  
handful of coriander leaves, roughly chopped

### 1 COOK THE RICE AND CAULIFLOWER

Heat the oil in a large pan, add the onion and fry until lightly coloured. Add the cashews and fry until golden. Stir in the rice until coated in the oil. Add the cauliflower and 600ml water, season, then bring to the boil. Cover, then gently cook for 12-15 minutes until the rice and cauliflower are tender.

### 2 HEAT THE CURRY SAUCE AND CHICKPEAS

Meanwhile, heat the curry sauce and chickpeas together, then simmer for 5 minutes. Spoon the rice into 4 shallow bowls and top with the curry. Scatter over the coriander and serve.

# Nice and spicy

Turn up the heat in the kitchen with a homemade curry – ideal when you've got friends coming for a meal at the weekend



You can make your own curry sauce, if you like: soften 1 sliced onion in oil with 1 tsp ground cumin, 2 tbsp curry powder and 1 tsp ground coriander. Stir in a 400g can chopped tomatoes and simmer for 15 minutes until thick



You'll find palm hearts with the other canned veg in the supermarket



## Red pork curry with green beans

■ Serves 4 ■ Ready in 20 minutes ■ £2.24 a portion  
 ■ 396 kcals, 26g fat, 16g sat. fat a portion ■ Not suitable for freezing

250g green beans, trimmed  
 1 tbsp vegetable oil  
 4 tsp red Thai curry paste  
 1 tbsp finely chopped fresh ginger  
 500g pork fillet, thinly sliced  
 300ml vegetable stock  
 2 tbsp fish sauce  
 1 tsp light muscovado sugar  
 400ml can coconut milk  
 400g can palm hearts, drained,  
 rinsed and sliced  
 grated rind and juice of 1 lime

a handful each of basil and  
 coriander leaves

### 1 COOK THE BEANS

Cook the beans in boiling salted water for 5 minutes, then drain and refresh under cold running water.

### 2 ADD THE PORK

Heat the oil in a pan, add the curry paste and ginger and fry gently until the oil separates out. Tip in the pork and

stock, bring to the boil, then simmer for 5 minutes. Add the fish sauce, sugar, coconut milk, palm hearts, lime rind and juice and simmer for a further 5 minutes, adding the cooked beans halfway through. Add the basil and coriander and serve.

**SERVE WITH** rice noodles.



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## Lamb dhansak

- Serves 4 ■ Takes 20 minutes, plus 1 hour 50 minutes cooking
- £1.84 a portion
- 396 kcals, 16g fat, 5g sat. fat a portion
- Suitable for freezing

100g red lentils  
 500g butternut squash, peeled and chopped into chunks  
 2 onions, roughly chopped  
 400g can chopped tomatoes  
 1 tsp turmeric  
 1½ tsp cumin seeds  
 1½ tsp coriander seeds  
 4 cardamom pods, crushed  
 1 tbsp sunflower oil  
 400g lean diced lamb  
 thumb-sized piece of fresh ginger, finely chopped  
 4 cloves of garlic, crushed  
 2-3 green chillies, deseeded and sliced  
 1 tsp garam masala  
 small bunch of chopped coriander

### 1 COOK THE LENTILS

Put the lentils, squash, onions, tomatoes, turmeric and 1 tsp salt in a pan. Add enough water to just cover, then simmer for 20 minutes until tender.

### 2 TOAST THE SPICES

Toast the cumin, coriander and

cardamom in a small pan until fragrant, then grind in a pestle and mortar.

### 3 COOK THE LAMB

Heat the oil in a pan, brown the lamb in batches, then set aside. Add the ground spices to the pan and cook for 2 minutes,

then stir in ginger, garlic and chillies. Cook for a few minutes more, then add the lamb, the lentil mixture and 200ml water. Cover and simmer for 1 hour, then remove the lid and simmer for 30 minutes more. Stir in the garam masala and coriander and serve.



Include some of the chilli seeds if you'd like more heat. Serve with chapatis or basmati rice

## Warming veggie curry

- Serves 4 ■ Ready in 25 minutes ■ 46p a portion
- 178 kcals, 9g fat, 4g sat. fat a portion
- Not suitable for freezing

1 tbsp sunflower oil  
 1 butternut squash, peeled and cut into thick slices  
 1 onion, sliced  
 1 tbsp red Thai curry paste  
 50g sachet coconut cream  
 250g frozen French beans

### 1 FRY THE SQUASH AND ONION

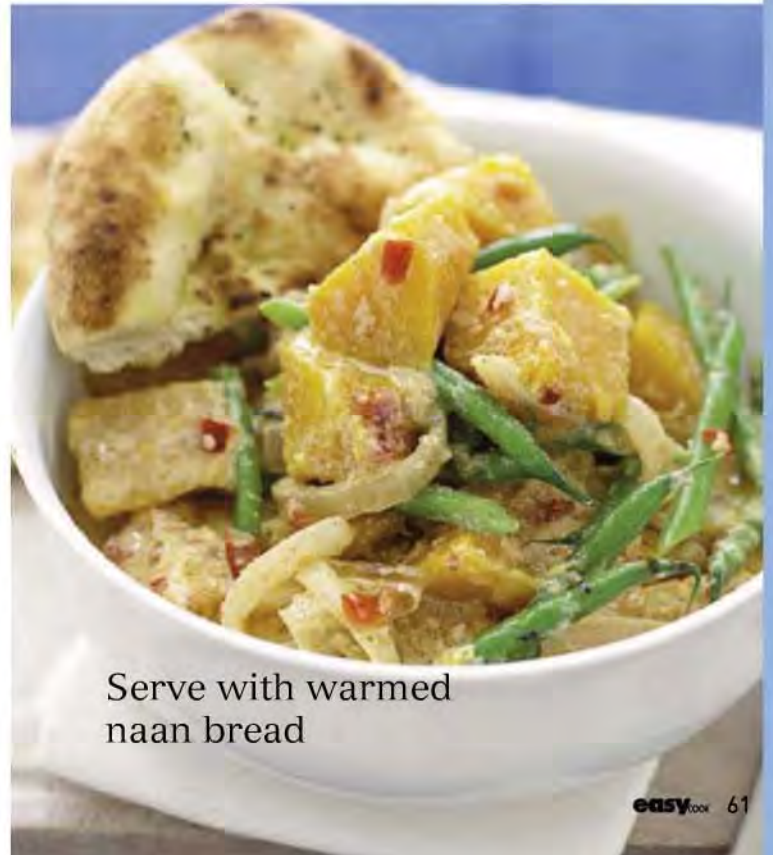
Heat the oil in a pan. Tip in the squash and onion, then gently fry for about 5 minutes until soft, but not brown. Tip in the curry paste and cook for 1 minute more.

### 2 SIMMER

Mix the coconut cream with 300ml boiling water, then pour into the pan. Bring to the boil and simmer for 10 minutes.

### 3 ADD THE BEANS

Add the beans to the pan, then cook for about 3-5 minutes more until everything is just tender.



Serve with warmed naan bread



## Massaman curry roast chicken

- Serves 4
- Ready in 1 hour 35 minutes
- £2.48 a portion
- 895 kcals, 62g fat, 27g sat. fat a portion
- Not suitable for freezing

whole chicken, about 1.8kg  
 two thumb-size pieces fresh ginger  
 1 stick lemongrass, crushed with a rolling pin  
 1 lime, cut into quarters  
 70g pack Massaman curry paste (we used Blue Elephant)  
 1 tsp olive oil  
 450g baby new potatoes, halved if large  
 400ml can coconut milk  
 1 tsp brown sugar  
 200g green beans, trimmed  
 1 tsp fish sauce  
 2 tbsp unsalted peanuts, crushed (optional)

### 1 ROAST THE CHICKEN AND POTATOES

Turn the oven to fan 180C/ conventional 200C/gas 6. Put the chicken in a roasting tin or large casserole. Roughly chop half the ginger and put it into the cavity of the chicken with the lemongrass and half the lime, then tie the legs together with string. Mix 1 tsp of the curry paste with the oil, rub it all over the chicken, then season with salt and pepper. Cover the chicken loosely with foil, then put it in to roast. After 35 minutes, take the foil off the bird. Add the potatoes to the tin, then stir them around in any juices. Roast for another 40 minutes, until the chicken is cooked through and golden and the potatoes are tender.

### 2 THICKEN THE SAUCE

Take the chicken out of the tin and leave to rest, loosely covered. Put the tin on the hob, add the remaining curry paste, grate in the remaining ginger, then fry for 2 minutes until fragrant. Stir in the coconut milk and sugar,

then boil for about 5 minutes until the sauce is slightly thickened.

### 3 ADD THE BEANS

Tip in the green beans, simmer for 4 more minutes until tender, add

the fish sauce and any roasting juices and squeeze over the remaining lime juice. If you like, scatter with the peanuts for an authentic Massaman flavour. Carve the chicken and serve with the saucy potatoes.



Massaman curry paste is a mild Thai paste. You'll find it in a jar alongside the other curry pastes in the supermarket



# A SIMPLE SWAP

**T**urkey is one of the tastiest, most versatile and healthy meats available, yet many people still only think of eating it at Christmas. It is, however, easy to include in your everyday diet, adding more variety to your usual repertoire of meals.

By simply swapping your usual meat for turkey just once or twice a week, you'll not only transform your mealtimes but you could also increase your protein intake. Plus you can lower your saturated fat levels by using turkey breast, making your family's diet even healthier.

## The Simple Swap

The Change Your Meat Not Your Menu campaign encourages you to try using turkey in a recipe that would usually include another type of meat, such as Spaghetti Bolognese or a stir-fry, to create a healthier, tastier meal. Why not start experimenting with this delicious recipe for Cottage Pie?



## MARCO PIERRE WHITE SAYS...

'Turkey is the nation's favourite roast on the most important family day of the year, but I want to show the great British public that they can enjoy this majestically delicious bird all year round because:

- Turkey has more flavour and more texture than chicken.
- There are many other ways to cook turkey than just the traditional roast.
- Turkey absorbs more of your cooking flavours than any other meat.
- It's perfect for today's lifestyles as it is tasty, versatile and affordable.'



## DR CARRIE RUXTON, NUTRITIONIST, SAYS...



'Turkey's the perfect choice for those of us looking for a healthy option that's still meaty and tasty:

- Compared with most other meats,

skinless turkey breast has the lowest saturated fat level at less than 1g per 100g portion.

- Even more succulent, turkey leg meat contains nearly half the sat fat of a portion of roast lamb.
- Cooked turkey contains 34g of protein per 100g – nearly ¾ of an adult's recommended daily allowance.
- Turkey offers as much protein as roast beef but without as many calories or grams of saturated fat.
- Just one portion of turkey meets the niacin (an essential B-vitamin) requirement of an average adult.
- Turkey supplies nearly a fifth of an adult's selenium (important for your immune system) recommendation.'



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## ADVERTISEMENT FEATURE



## Cottage Pie

- Serves 4
- Takes 25 minutes, plus 50 minutes in the oven

- 3 tbsp vegetable oil
- 1 onion, chopped
- 1 stick celery, chopped
- 1 carrot, finely chopped
- 700g turkey thigh mince
- 400g can chopped tomatoes
- 2 tbsp HP sauce
- 2 tsp mustard
- 1 tsp dried mixed herbs
- 1 chicken stock cube
- 300ml water
- 1kg potatoes, peeled and cubed
- 50g butter
- 200ml milk
- 100g cheddar cheese, grated

**1** Turn the oven to fan 180C/ conventional 200C/gas 6. Heat the oil in a pan, add the onion, celery and carrot. Stir and soften for 3-4 minutes.

**2** Add the turkey and brown evenly. Then add the tomatoes, HP sauce, mustard and mixed herbs. Crumble in the stock cube, add 300ml of water, stir to a simmer and cook for 25 minutes.

**3** Meanwhile boil the potatoes in salted water for 20 minutes, drain and mash with butter and milk.

**4** Turn the turkey into an ovenproof dish, top with the mash and cheese and bake for 25 minutes or until golden. Serve with Savoy cabbage and carrots.



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# Saturday SNACK

Perfect for a quick and easy lunch at the weekend



Tasty treat

## Lemony prawn bruschettas

- Serves 2 ■ Ready in 15 minutes ■ £1.90 a portion
- 294 kcals, 5g fat, 1g sat. fat a portion ■ Not suitable for freezing

4 slices of baguette  
1 tsp olive oil  
2 cloves of garlic, thinly sliced  
1 large red chilli, deseeded and sliced  
200g raw king prawns, butterflied (see tip, right)  
juice of 1 lemon  
small bunch coriander, leaves chopped  
2 large handfuls of rocket

### 1 MAKE THE TOASTS

Toast the bread and keep warm. Heat the oil in a wok, then cook the garlic and chilli until sizzling. Turn the heat up, add the prawns, and cook until pink. Remove from the heat, then add the lemon juice and coriander. Season, then serve piled on the toast with the rocket leaves.

**TIP** To 'butterfly' prawns, make a shallow cut all the way along the back of each prawn. You will see a blackish line – pull it out with the tip of your knife. As the prawn cooks, it will curl into a 'butterfly' shape.



# How to make the perfect burger

Beef burgers are so much better when you make them yourself – and you can't go wrong with this recipe





## Beef burgers

- Serves 4 ■ Ready in 25 minutes, plus chilling time ■ 86p a portion
- 367 kcals, 15g fat, 5g sat. fat a portion
- Suitable for freezing (uncooked burgers only)

1 small onion

500g good-quality minced beef (at least 20 per cent fat)

1 egg

1 tbsp vegetable oil

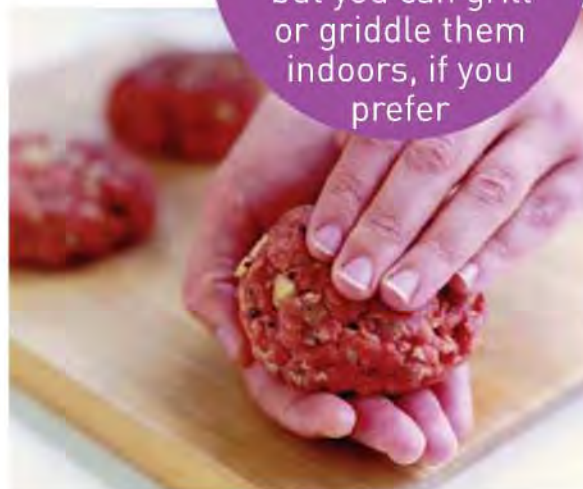
4 burger buns

We've cooked our burgers on the barbecue for a char-grilled flavour, but you can grill or griddle them indoors, if you prefer



### 1 CHOP THE ONION

Peel and halve the onion, then place cut-side down on a chopping board. You want it finely chopped, so make 3 horizontal slices through the onion, keeping the root intact, then, with the knife at the root end, make 4 slices down. Holding the root end, finely slice to give small dice. Tip the onion into a bowl with the minced beef and egg, then mix.



### 2 SHAPE THE BURGERS

Divide the mixture into four. Lightly wet your hands and carefully roll each portion into a ball. Set in the palm of your hand and gently squeeze down to flatten into a patty about 3cm thick. Make sure that all the burgers are roughly the same thickness so they will cook evenly. Put the burgers on a plate, cover with cling film and leave in the fridge to firm up for at least 30 minutes.



### 3 COOK THE BURGERS

Lightly brush 1 side of each burger with oil. Place the burgers oil-side down on the grill, griddle or barbecue. Cook for 5 minutes, until the meat is lightly charred. Don't be tempted to move them around as it makes them more likely to stick to the grill. Turn them over, oil the other side and cook for 5 minutes more. Don't press down as it will squeeze out the juices. If you like well-done burgers, cook for 1 minute more on each side.



### 4 FINISHING TOUCHES

Leave the burgers to rest on a plate. Slice each bun in half and grill or toast for 2 minutes, until lightly browned. Place a burger inside each bun, then top with your choice of accompaniment.

**SERVE WITH** a mixture of sliced tomato, sliced onion rings, beetroot, horseradish sauce, mayonnaise or ketchup and iceberg lettuce, rocket or watercress.



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# Bake a batch of brownies

These delicious marbled brownies are great with a cup of tea, or as a lunchbox treat

## Marbled chocolate brownies

■ Makes 16 ■ Takes 20 mins, plus 35 mins in the oven ■ 54p a portion ■ 379 kcals, 24g fat, 14g sat. fat a portion ■ Suitable for freezing

200g dark chocolate (70% cocoa is best)  
200g white chocolate (we used Green & Black's)  
250g pack unsalted butter, cut into cubes  
300g caster sugar  
4 eggs, beaten  
140g plain flour



Irresistible!

### 1 MELT THE CHOCOLATE

Butter and line a 23cm-square brownie tin and turn the oven to fan 160C/conventional 180C/gas 4. Put the dark and white chocolate into two separate bowls and add half the butter to each. Heat in the microwave, one bowl at a time, on High for 1½ mins, stirring halfway, until each of the mixtures have melted (or melt over a pan of simmering water, making sure the water doesn't touch the base of the bowl). Give each bowl of chocolate and butter a final stir to mix.

### 2 FINISH THE BATTER

Add 150g sugar and 2 beaten eggs to each bowl, then beat until smooth. Stir 50g of the flour into the dark chocolate mix and 90g of flour into the white mix.

### 3 FILL THE TIN

Spoon tablespoons of the batter into the tin, alternating dark and white chocolate to make a patchwork of blobs. Once the bottom of the tin is covered, go over the first layer, spooning white on top of the

dark blobs and dark on top of the white. For the marbled effect, pull a skewer through the blobs to make feathery swirls.

### 4 BAKE

Bake for 35 mins, or until the middle is just set and the white chocolate patches have a pale golden crust. Leave to cool in the tin before cutting into 16 squares.

■ Will keep in an airtight container for up to 3 days, or freeze for up to 1 month.

## Try these other brownie ideas too...

### TRIPLE CHOCOLATE

Follow the method above, but let the batter cool completely at the end of Step 2, then add 50g of roughly chopped chunks of milk chocolate to each and stir. Continue with Steps 3 and 4.

### DARK CHOCOLATE AND RASPBERRY

Use the same measurements as in the main recipe, but use 400g dark chocolate

(omit the white chocolate), and make the batter in one bowl. At the end of Step 2, stir in 200g thawed frozen raspberries, spoon into the tin and continue with Step 4.

### CHOC-ORANGE MARBLED BROWNIES

Make the brownies as in the main recipe. While they're cooling, beat together 200g soft cheese, 1 tsp vanilla extract, the juice of ½ orange and 50g icing sugar

until smooth. Spread over each brownie.

### CRANBERRY AND PISTACHIO

Use the same measurements as in the main recipe, but use 400g dark chocolate only and make the batter in one bowl. At the end of Step 2, add an 80g pack of dried cranberries and 100g roughly chopped pistachios, then stir, spoon into the tin and continue with Step 4.



# Recipe for the biscuit tin

These traditional cakes are delicious and simple to make

Serve with a cup of tea

## Welsh cakes

- Makes about 16 ■ Ready in 25 minutes ■ 8p per cake
- 141 kcals, 7g fat, 4g sat. fat a portion ■ Suitable for freezing

**115g butter, cut into pieces**  
**225g self-raising flour**  
**85g caster sugar, plus extra for dusting**  
**85g currants**  
**1 large egg, beaten**  
**a drizzle of sunflower or vegetable oil, for greasing**

### 1 MAKE THE DOUGH

Rub the butter into the flour with a pinch of salt, then stir in the sugar and the currants. Tip in the egg and mix to a dough. Grease a large, heavy-based frying pan with a drizzle of oil and put on

a very low heat. On a floured surface, roll out the dough to a 1cm thickness, then stamp out thin rounds with a 6.5cm fluted cutter, re-rolling the trimmings as you go.

### 2 COOK THE CAKES

Make sure the pan is very hot (test by sprinkling a little water onto the base – it should sizzle in a few seconds). Cook the cakes in batches, dropping them into the pan and leaving for 5–6 minutes to brown underneath, then flip them over and do the same on the other side. Once cooked, transfer them all to a wire rack to cool

a little. Serve the cakes while they are still warm, sprinkled with a little more sugar.

■ These can be frozen for up to 1 month. Let the cakes cool, then pack into a freezerproof container. To reheat, defrost them for about 40 minutes, then put in the toaster on the lowest setting to warm through.





# FOR FOOD LOVERS



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You could use thinly sliced, buttered French baguette as a topping too

# Pie heaven

Pastry-topped or covered in creamy mash, who can ever resist digging into a delicious, warming pie as the weather turns cooler?

## Italian chicken and butternut pie

■ Serves 6 ■ Takes 15 minutes, plus 55 minutes cooking ■ £1.73 a portion  
■ 491 kcals, 16g fat, 5g sat. fat a portion ■ Suitable for freezing

3 tbsp olive oil  
8 large skinless, boneless chicken thighs, quartered  
140g pack cubed pancetta  
1 large butternut squash, peeled, and cut into 2.5cm cubes  
1 large onion, thinly sliced  
2 cloves of garlic, thinly sliced  
1 tsp dried oregano  
200ml red wine  
1 tbsp plain flour  
two 400g cans plum tomatoes  
2 tbsp redcurrant or cranberry jelly  
1 garlic and herb or plain ciabatta  
3 tbsp freshly grated parmesan

### 1 FRY

Heat 2 tbsp of the oil in a large

flameproof casserole and cook the chicken over a medium heat until lightly browned. Lift out onto a plate with a slotted spoon. Tip the pancetta, squash and onion into the pan and cook over a high heat for 8 mins, stirring occasionally until beginning to brown. Return the chicken to the pan, add the garlic and oregano and cook for 1 min. Reserve 2 tbsp of the wine, then add the rest to the pan and let it bubble for 5 mins.

### 2 SIMMER

Blend the flour with the reserved wine until smooth. Stir into the pan with the tomatoes, jelly, salt and pepper. Lower the heat, half-cover with a lid and simmer for 30-40 mins, until the squash is just tender.

### 3 BAKE

Turn the oven to fan 200C/ conventional 220C/gas 7. Cut the ciabatta into very thin slices and arrange on top of the casserole, so they overlap. Drizzle the remaining oil over the ciabatta and sprinkle with the parmesan and a good grinding of black pepper. Bake uncovered for 15 minutes, or until golden brown. Serve straight from the casserole.

**TO PREPARE AHEAD:** make up to the end of Step 2, cool, then chill up for up to 1 day ahead or freeze for up to 1 month. To serve, heat thoroughly in the casserole, then top the pie as in Step 3.



If you can't find kidney beans in chilli sauce, mix a drained 400g can kidney beans with 50g chopped roasted peppers and 2 tsp mild chilli powder

## Chilli beef shepherd's pie

- Serves 4
- Ready in 35 minutes
- £1.29 a portion
- 518 kcals, 18g fat, 6g sat. fat a portion
- Suitable for freezing

2 tsp olive oil  
 1 large onion, chopped  
 2 tsp cumin seeds  
 500g pack lean beef (or lamb) mince  
 2 cloves of garlic, crushed  
 420g can kidney beans in chilli sauce  
 400g can chopped tomatoes  
 1kg parsnips, peeled and chopped into chunks

### 1 SIMMER THE BEEF

Heat the oil in a large frying pan, then cook the onion with 1 tsp of the cumin seeds for a few minutes. Push the onion to the edge of the pan, add the beef, then brown well, breaking up the lumps as you go. Add the garlic, kidney beans, chopped tomatoes and half a can of water, season and cover, then simmer for 20 minutes.

### 2 MAKE THE MASH

Meanwhile, cook the parsnips in boiling, salted water until tender, drain well, then mash with some freshly ground black pepper and a little salt.

### 3 GRILL

Heat the grill to high. Tip the chilli mince into a large ovenproof dish, spoon over the mash, scatter with the remaining cumin seeds, then grill for 5 minutes until golden.



## Chicken and mushroom puff pie

- Serves 4-6
- Takes 1 hour, plus 30 minutes in the oven ■ £2.16 a portion
- 855 kcals, 47g fat, 17g sat. fat a portion
- Suitable for freezing (filling only, or whole pie if using fresh pastry)

- 1 tbsp vegetable oil
- 8 skinless, boneless chicken thighs
- 8 rashers smoked streaky bacon, cut into large pieces
- 1 onion, halved and sliced
- 250g pack baby button mushrooms
- handful of thyme sprigs
- 2 tbsp plain flour
- 400ml chicken stock
- 200ml milk
- 500g block puff pastry
- 1 egg, beaten

### 1 FRY THE CHICKEN

Heat the oil in a large, non-stick frying pan. Season the chicken and fry for 5-8 minutes until golden brown, turning occasionally (you may need to do this in two batches). Lift the chicken onto a plate and tip the bacon into the pan. Fry



for 5 minutes until crisp. Add the onion, mushrooms and thyme, then fry on a high heat for another 3 minutes, until the onions start to colour.

### 2 SIMMER

Tip the flour into the pan and cook, stirring, for 1 minute. Remove from the heat, then gradually whisk in the stock, followed by the milk. Add the chicken back to the pan, bring to the boil and simmer for 30 minutes. Spoon into a large pie or baking dish with a rim and cool.

### 3 BAKE

Turn the oven to fan 200C/conventional 220C/gas 7. On a floured surface, roll the pastry to the thickness of two £1 coins. Cut a long strip as wide as the rim of the pie dish and press onto the rim with a little of the egg. Brush with egg, then lift the rest of the pastry over the pie. Press the edges together and trim. Glaze with egg and bake for 30 minutes, or until the pastry is risen and dark golden brown.

**SERVE WITH** a selection of veg.

## Curried aubergine and potato pie

- Serves 4 ■ Takes 20 minutes, plus 35 minutes in the oven ■ 99p a portion ■ 301 kcals, 5g fat, 1g sat. fat a portion ■ Suitable for freezing

- 1kg potatoes, peeled and cut into 3cm chunks
- 1 tbsp olive oil
- 1 large onion, chopped
- 2 large garlic cloves, crushed
- 2 medium aubergines, cut into 3cm chunks
- 1 tbsp medium curry powder
- 400g can chopped tomatoes
- 2 tbsp tomato purée
- 410g can green lentils, drained

### 1 COOK THE POTATOES

Simmer the potatoes in lightly salted water for 15-20 minutes until just tender – don't let the water boil or the potatoes will break up.

### 2 FRY THE ONIONS

Meanwhile, heat the oil in a large frying pan and gently fry the onion and garlic for 4-5 minutes,

until starting to turn golden. Remove 2 tbsp of the onion mixture and set aside. Add the aubergines to the pan. Cook gently, stirring often, for 6-8 minutes, until softened. Stir in the curry powder. Cook for 30 seconds, then add the tomatoes, tomato purée and lentils. Cook for 1-2 minutes, then transfer to a 2-litre dish.

### 3 ASSEMBLE AND BAKE

Drain the potatoes, pile on top of the aubergine mixture and sprinkle over the reserved onion mixture. (At this stage it can be frozen for up to one month.) Turn the oven to fan 200C/conventional 220C/gas 7. Bake for 30-35 minutes, until browned on top.

**SERVE WITH** broccoli or a salad.





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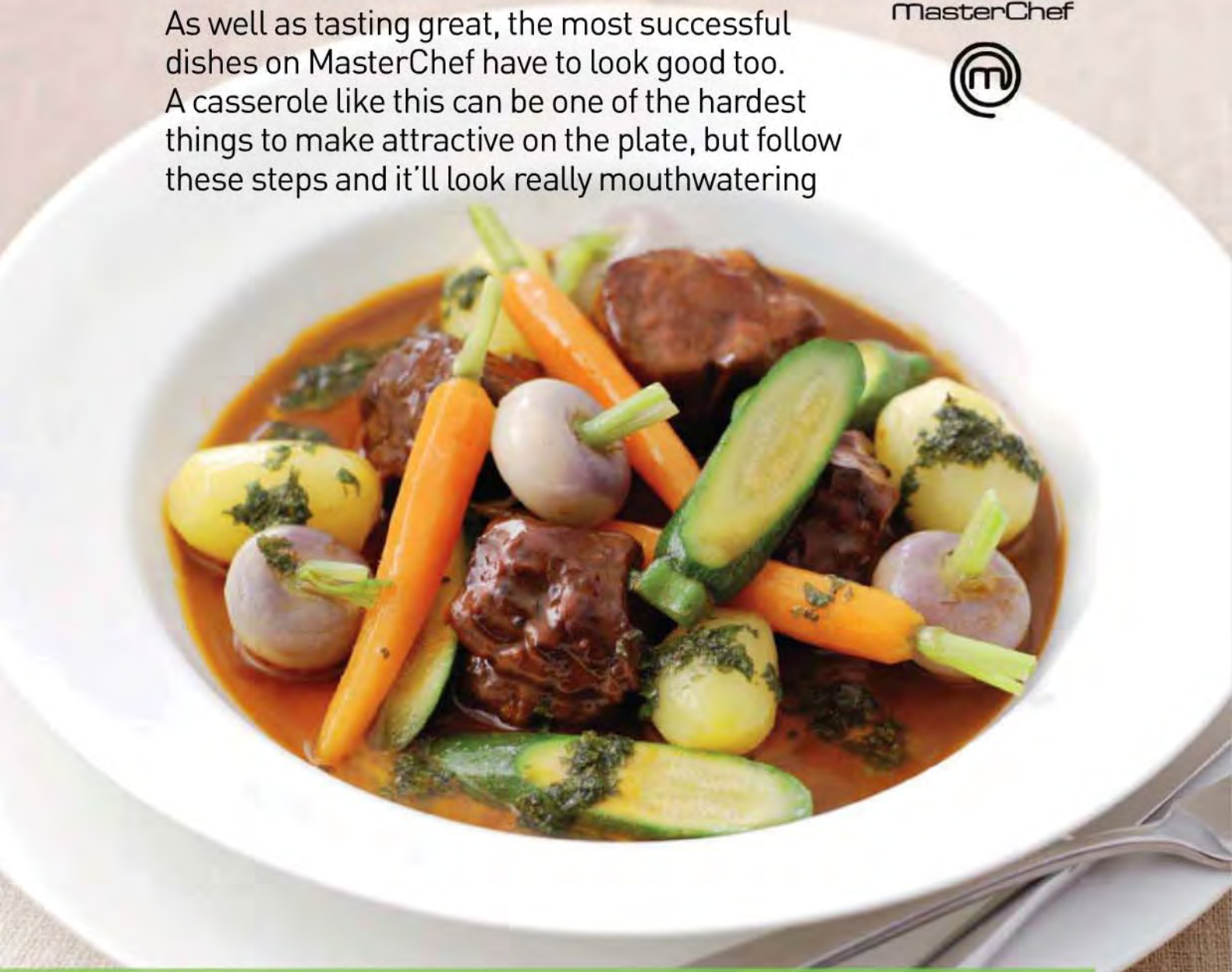
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# COOK LIKE A masterchef!

As well as tasting great, the most successful dishes on MasterChef have to look good too. A casserole like this can be one of the hardest things to make attractive on the plate, but follow these steps and it'll look really mouthwatering

MasterChef



## To make the Mint Dressing:

Whisk 1 tsp white wine vinegar and 1 tsp caster sugar together, then slowly whisk in 3 tbsp extra-virgin olive oil. Add 4 tbsp finely chopped fresh mint leaves and season with salt and pepper. Leave to infuse if you have time.



# Navarin of lamb with mint dressing

■ Serves 6 ■ Ready in 2 hours and 40 minutes ■ £3.67 a portion  
 ■ 704 kcals, 42g fat, 18g, sat. fat a portion ■ Not suitable for freezing

4 tbsp sunflower oil  
 1 kg lamb neck fillets, cut  
 into 24 even-sized pieces  
 2 large onions, cut into  
 chunky pieces  
 3 medium carrots, cut into  
 chunky pieces

2½ tbsp tomato purée  
 300ml Madeira  
 300ml dry white wine  
 4 cloves of garlic, peeled and  
 lightly crushed  
 2 stalks of rosemary, 3 sprigs  
 of thyme and 2 bay leaves,

tied together with string  
 4 tomatoes, roughly chopped  
 500ml chicken stock  
 500ml beef stock  
 24 baby new potatoes, peeled  
 18 baby turnips, trimmed and  
 peeled

18 baby carrots, neatly  
 trimmed and peeled  
 9 baby courgettes, trimmed  
 and halved lengthways  
 25g butter, melted



## 1 BROWN THE LAMB

Heat 2 tbsp of the oil in a non-stick pan. Season the lamb, brown on all sides, then remove to a plate, reserving the lamb juices. Meanwhile, heat the remaining oil in another pan and fry the onions and carrots for 10 minutes until golden, add the tomato purée and cook for 2-3 minutes more. Pour in the Madeira and the reserved meat juices, bring to the boil, then reduce by half. Add the wine, return to the boil and reduce the liquid by half again. Turn the oven to fan 160C/conventional 180C/gas 4.



## 3 FINISH THE DISH

Bring the reserved sauce to the boil and reduce by a third. Boil the potatoes for 12 mins, the turnips for 10 mins and the carrots and courgettes for 4 mins. Drain, return to the pan and toss with the butter. Put 4 lamb pieces in the centre of each warmed plate, ensuring they are coated in the sauce. Arrange the veg on the plates with the lamb, separating them out.



## 2 COOK THE LAMB

Add the lamb, garlic, herbs, tomatoes and stocks to the pan to just cover the meat. Bring to the boil, then set aside. Place a piece of baking parchment over the lamb and veg. Cover with a lid and cook in the oven for 1½ hours, then transfer the lamb to a frying pan. Strain the sauce and veg through a sieve over a pan. Discard the vegetables and herbs. Spoon 6 large ladles of the sauce over the lamb and reserve the rest. Bring the lamb to the boil, and cook uncovered for 6-8 mins, until the sauce is reduced and coats the lamb.



## 4 PLATE UP

Ladle a little of the reserved sauce into each plate. Spoon the mint dressing (see box left) around the plate so it falls onto the vegetables, avoiding the lamb. Carry the plates carefully to the table!



## YOUR EASY CONVERSION CHART

Not everyone is used to cooking in metric – use this if you'd prefer to cook with ounces, pounds and inches

WEIGHT	
Metric	Imperial
25g	1oz
50g	2oz
85g	3oz
100g	4oz
140g	5oz
150g	5½oz
175g	6oz
185g	6½oz
200 or 225g	8oz
250g	9oz
280 or 300g	10oz
350g	12oz
375g	13oz
400g	14oz
425g	15oz
450g	1lb
500g	1lb 2oz
550g	1lb 4oz
600g	1lb 5oz
650g	1lb 7oz
700g	1lb 9oz
750g	1lb 10oz
800g	1lb 12oz
850g	1lb 14oz
900g	2lb
950g	2lb 2oz
1kg	2lb 4oz
1.25 kg	2lb 12oz
1.3kg	3lb
1.5kg	3lb 5oz
1.6kg	3lb 8oz
1.7kg	3lb 12oz
VOLUME	
50ml	2 fl oz
75ml	2½ fl oz
85ml	3 fl oz
100ml	3½ fl oz
125ml	4 fl oz
150ml	¼ pint
175ml	½ fl oz
200ml	7 fl oz
225ml	8 fl oz
250ml	9 fl oz
300ml	10 fl oz
450ml	1½ fl oz
600ml	1 pint
850ml	1½ pints
1 litre	1¾ pints
1.2 litres	2 pints

MEASUREMENTS	
2cm	¾in
2.5cm	1in
5.5cm	2¼in
10cm	4in
20cm	8in
23cm	9in
28cm	11in
38cm	15in

AMERICAN CUP CONVERSIONS	
American	Metric
1 cup flour	150g
1 cup caster and granulated sugar	225g
1 cup brown sugar	175g
1 cup icing sugar	125g
1 cup butter/margarine/lard	225g
1 cup sultanas/raisins	200g
1 cup currants	150g
1 cup chopped nuts	100g
1 cup ground almonds	100g
1 cup golden syrup/treacle/clear honey	350g
1 cup uncooked rice	200g
1 cup cooked and drained rice	165g
1 cup grated cheese	100g
1 cup lentils	225g
1 cup chopped onions	100g
1 stick butter	100g

LIQUID CONVERSIONS	
American	Metric
½ fl oz	15ml
¼ cup	50ml
½ cup plus 2 tablespoons	150ml
1 cup	225ml
1 pint/16 fl oz	450ml
2 pints/5 cups	1.2 litres

OVEN TEMPERATURES	
°F	°C (conventional oven)
275F	140C
300F	150C
325F	170C
350F	180C
375F	190C
400F	200C
425F	220C
450F	230C
475F	240C

# easy extras

## Ready meals... with a difference

Ready meals have had a makeover recently and if you're in a rush but want something really tasty, look no further than our selection below. They're good enough to serve up at a dinner party if you want to cheat!

**Sainsbury's Taste the Difference Seabass Malabar, 450g, £8.** A lightly spiced dish with a creamy coconut sauce that works beautifully with the delicate fish. Serve with coconut rice, available from Sainsbury's Indian Menu range too.



**Tesco Finest Restaurant Collection Slow Cooked Beef Cheeks in a Red Wine Jus with Creamy Horseradish Mash, 950g, £8.50.** Perfect for chilly evenings, the beef is so tender it falls apart as you serve it, and the horseradish mash is the perfect accompaniment to the rich sauce.



## Kitchen kit

Whether you're buying for a student off to university or just want to update the equipment you already have, these clever ideas are perfect...

■ The handles and lid of these pans slot easily into each other to make storage simple – ideal for small kitchens. They're oven-safe, suitable for all hobs and a great investment. **Stellar Eazi Store Pan Set of saucepans, £89.99, [www.lakeland.co.uk](http://www.lakeland.co.uk) or call 015394 88100.**



■ This flat pot drainer slips over the top of saucepans so you can drain liquid away without the need for a bulky colander – great if you're tight on space.

**Trudeau Pot Drainer, £3.19, available from [www.topgourmet.co.uk](http://www.topgourmet.co.uk) or call 0845 230 0685 for stockists.**



**MICROWAVE COOKING:** where our recipes use a microwave, they were tested using an 850W model – you may need to adjust times slightly if yours has a different wattage.

■ These bright paring knives are great value, comfortable to hold and have super-sharp, non-stick blades with a protective cover for storage. Perfect for most chopping tasks.

**Lakeland Colourful Paring knives, £3.99, [www.lakeland.co.uk](http://www.lakeland.co.uk) or call 015394 88100.**



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6. Entrants must supply to BBCM their full name, postal address and daytime telephone number.

7. Only one entry will be permitted per person, regardless of method of entry. Only one entry per envelope.
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## READER REQUEST!

If you've been growing your own fruit and veg this year, chances are you've got a glut that needs using up. One of our Facebook fans recently asked for a great chutney recipe and these two make the best of what's in season. Find us on Facebook and tell us what recipes you'd love to see... we're happy to oblige as often as we can. Go to [www.facebook.com](http://www.facebook.com) and search for 'Easy Cook Magazine' to join us.

## Red onion marmalade

■ Fills about four 500ml jars ■ Ready in 2-2½ hours, plus cooling time

■ 7p a tbsp ■ 40 kcals, 2g fat, 1g sat. fat a tbsp

■ Not suitable for freezing

**140g butter**

**4 tbsp olive oil**

**2kg red onions, thinly sliced**

**4 garlic cloves, thinly sliced**

**140g golden caster sugar**

**1 tbsp fresh thyme leaves**

**pinch of chilli flakes (optional)**

**75cl bottle red wine**

**350ml sherry vinegar or**

**red wine vinegar**

**200ml port**

### 1 COOK THE ONIONS

Melt the butter with the oil in a large, heavy-based pan over a high heat. Tip in the onions and garlic and give them a good stir. Sprinkle over the sugar, thyme leaves, chilli flakes, if using, and some salt and pepper. Stir well and reduce the heat slightly. Cook uncovered for 40-50 minutes, stirring occasionally. The onions are ready when all their

juices have evaporated, and they're really soft and sticky and smell of sugar caramelising. They should be so soft that they break when pressed against the side of the pan with a wooden spoon.

### 2 MAKE THE MARMALADE

Pour in the wine, vinegar and port and simmer everything, still uncovered, over a high heat for 25-30 minutes, stirring regularly until the onions are a deep mahogany colour and the liquid has reduced by about two-thirds. It's ready when drawing a spoon across the bottom of the pan clears a path that fills rapidly with syrupy juice. Leave the onions to cool in the pan, then spoon into sterilised jars and seal. It can be eaten straightaway, but will keep in the fridge for up to 3 months.

## Homemade tomato chutney

■ Fills about three 500ml jars ■ Ready in 1 hour 30 mins ■ 5p a tbsp

■ 45 kcals, 1g fat, 0g sat. fat a tbsp ■ Not suitable for freezing

**1kg ripe tomatoes, chopped**

**750g cooking apples, peeled, cored and chopped**

**375g light muscovado sugar**

**250g onions, chopped**

**250g raisins**

**2 tsp salt**

**½ tsp ground ginger**

**350ml cider vinegar**

### 1 MAKE THE CHUTNEY

Put all the ingredients into a large pan and bring to the boil over

a medium heat. Stir occasionally until the sugar has dissolved. Boil, uncovered, for 45-50 minutes until the fruit is tender and thickened. Cool, then transfer the mixture to a sterilised jar and seal.

**TIP:** To sterilise Kilner jars or old jam jars (ensure the insides of the lids of old jam jars are plastic-coated or they'll corrode), wash them in very hot water, leave to drain and dry, then put them in the oven at fan 140C/conventional 160C/gas 4 for 10 minutes before using.



## The wine rack

Autumn can be a changeable time of year – on cooler days, a good, warming red wine is ideal, but there's still the odd warm day when an extra-special white is what we really want to drink...

**KNOW YOUR WINES**

### WE LIKE



**Redwood Creek Pinot Noir, £7.37, Sainsbury's (and Asda from October)**

This is wonderfully smooth and velvety, with a fantastic cherry flavour and a hint of raspberry.

**Yealands Estate Marlborough Pinot Gris, £9, from [www.libertywines.co.uk](http://www.libertywines.co.uk) and [www.slurp.co.uk](http://www.slurp.co.uk)**

New to the UK market, this is one of only a handful of wines to be granted carbon neutral status – and it tastes great too: light, but with a hint of spiciness.



## PURÉE POTS

Tomato purée is a handy ingredient – great for chilli con carne and spaghetti sauces, for example – but, more often than not, you only need a small amount and the rest gets wasted. With this in mind, Cirio, makers of Italy's number one tomato purée, have introduced single-portion pots. Brilliant! Available in a set of 4 for £1.42 from Waitrose.





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**ON SALE THURSDAY 4 NOVEMBER**



## **FANTASTIC CHRISTMAS FOOD – MADE EASY!**

- Brilliant turkey lunch (with lots of prepare-ahead tips)
- Fancy something different?  
3 great main course ideas to try
- Perfect puds, mince pies and cakes

**PLUS  
DELICIOUS  
VEGETARIAN  
MENU**





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For even more great recipes, visit  
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# READY STEADY COOK™

BBC  
TWO

RECIPES  
FROM YOUR  
FAVOURITE  
CHEFS

KIDS' SUPPERS  
SPECIAL



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'Cooking is a  
massively important  
life skill for kids'

PULL-OUT  
SECTION



STOP PRESS...STOP PRESS...



## WELCOME

**A**fter weeks of freedom over the summer, it's a bit of a shock to have to go back to the getting-up-and-getting-to-school-on-time routine – not just for kids, but for mums and dads too! The new term often means a whole series of new after-school activities, and fitting a healthy, nutritious meal into the equation every evening can be a real challenge. So we're devoting this issue's Ready Steady Cook section to making your life a little bit easier as the new school year begins, with a host of child-friendly recipes. Starting on page 4, we've got some great quick and easy ideas using ingredients that all children love – chicken, mince, sausages and pasta (plus tips for smuggling extra fruit and veg into their diets too!) But as chef Alex Mackay says on page 12, it's much better if you can all eat as a family as often as possible, so rather than getting into the habit of cooking two different meals every day – one for the children, and another for the grown-ups – try our selection of dishes from the show that you can all enjoy together, starting on page 6.

Take Alex's advice to get children involved in preparing food as often as you can too – it's amazing the new flavours they'll try if they've helped you to cook the recipe.



Sarah

Sarah Giles, Editor



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## GREAT FOOD, TOUCH WOOD!

It's unlikely there was any food left on set after Torchwood stars Tom Price and Kai Owen appeared on the latest series. Tom, who is also a stand-up comic, says he and Kai are always the first to the sandwiches when they're recording together, and they once polished off an entire platter of sandwiches between them within 20 minutes!

Both Kai and Tom describe themselves as keen cooks. In another life, Kai's dream job would be to work as a professional chef and he likes to try all types of cuisine, from traditional British to Thai, Italian and Indian. He's even dabbled in home brewing. Tom loves to eat and has an incredibly sweet tooth but, while he also likes to cook, he says he's pretty impatient, so food needs to be ready quickly. Sounds like Ready Steady Cook was the perfect show for him to appear on!

Tom had a few great food stories to tell when he came on set. As a child, he often had to literally sing for his supper and on one occasion this meant singing *Lord of the Dance* to his grandmother before she would give him his roast dinner! He was apparently a terrible eater when he was young and he recalls regularly flattening out risotto to resemble pizza in an attempt to make it more appetising. His tastes must have developed since then though, as he gave chef Richard Phillips' sirloin steak, savoy cabbage and goat's cheese in his bag!

## CHILD'S PLAY

Robbie Main from Lincoln may be only 14, but he's already a cookery competition veteran. Last year he came first in the Guild of Food Writers' CookIt! final, beating five other budding



From the left: Kai Owen, Ainsley Harriott and Tom Price







Robbie Main shows off his winning recipes from the 2009 Cookit! competition



young chefs to the prize and he was then invited to appear on Blue Peter, where he challenged presenter Andy Akinwolere to a cook-off. Ainsley was the judge and Robbie won again. When he was invited onto Ready Steady Cook, Robbie decided to challenge chefs Phil Vickery and Richard Phillips to produce a dish from the same list of ingredients that he was given when he appeared on Blue Peter – chicken breast, cooked potato, leek, carrot and goat's cheese – so he could see what professional chefs could do with them.

Robbie takes inspiration from chefs he sees on TV and from the food he eats at home – both his mum and dad are keen cooks. He enjoys experimenting in the kitchen and cooking rustic Italian-style food, but he's happy to have a bash at anything. He'd love to pursue a career in cooking, but though he's not making any firm plans yet, he's already helped out in a professional kitchen and says he thinks it's time for a new generation of young chefs, so watch this space...

## STOP PRESS...STOP PRESS...

### KEEP UP WITH THE CHEFS

By logging on to their websites...

Ainsley Harriott	<a href="http://www.ainsley-harriott.com">www.ainsley-harriott.com</a>
Alex Mackay	<a href="http://www.alexmackay.com">www.alexmackay.com</a>
Aldo Zilli	<a href="http://www.zillialdo.com">www.zillialdo.com</a>
Brian Turner	<a href="http://www.brianturneronline.co.uk">www.brianturneronline.co.uk</a>
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Paul Rankin	<a href="http://www.rankingroup.co.uk">www.rankingroup.co.uk</a>
Richard Phillips	<a href="http://www.thackerays-restaurant.co.uk">www.thackerays-restaurant.co.uk</a>
Phil Vickery	<a href="http://www.vickery.tv">www.vickery.tv</a>

## WIN! WIN! WIN!

If you often cook for small numbers, or you're tight for space in the kitchen, the new 20cm Ready Steady Cook Stir-Fry Pan with lid (rrp £24.99), is ideal –

it's perfect for Brian Turner's Sweet and Sour Pork Stir-fry on page 7 too. The pan is suitable for all hobs, including induction, and comes with a lid, making it very versatile so you can use it for curries or slow-cooked dishes, as well as speedy stir-fries. It has a non-stick coating and the encapsulated base means no hot-spots when you're frying. It's dishwasher-safe and guaranteed for 25 years too.



We've teamed up with Imperial to give away 6 Ready Steady Cook Stir-Fry Pans. To be in with a chance of winning, send your name, address and phone number to: Easy Cook Issue 36 RSC Stir-Fry prize draw, PO Box 501, Leicester LE94 0AA or email [RSC36@easycookcomps.com](mailto:RSC36@easycookcomps.com). The closing date and time is 11.59pm on the 3 November 2010.

- 1 The promotion is open to residents of the UK, including the Channel Islands, aged 18 years or over, except employees of BBC Worldwide and all promoting companies and their families/friends.
- 2 One entry per person.
- 3 The closing date and time is 11.59pm on the 3 November 2010.
- 4 There are 6 winners. The prize is a Ready Steady Cook 20cm Stir-Fry Pan with Lid, worth £24.99. The prize is as stated and there is no cash alternative.
- 5 The promoter is Imperial.
- 6 For full terms and conditions, please see page 78 of the Easy Cook Autumn 2010 Issue 36.





# FEEDING

# THE KIDS

No matter how good your intentions are, once the children are back at school and the days and evenings are filled with activities, it can be hard to come up with quick and nutritious meals every evening. But help is at hand!

## 5 EASY MAIN MEALS WITH KIDS' FAVOURITE FOODS

### MINCE

You can't really go wrong with a pack of mince. Whether it's beef, lamb, pork or even turkey mince, there are plenty of nutritious and great-value meals that you can cook up. It can be conjured into meatballs, as Nick Nairn suggests on page 9, or make Lamb Koftas (see Alex Mackay's recipe on page 8). Mince is perfect for freezing too, so make big batches of chilli con carne, lasagne and cottage or shepherd's pies and then portion out for meals later in the week.

### LAMB KEBABS WITH SLAW

Heat the grill to high. Drain a 400g can green lentils, rinse, then put into a food processor and whizz to a rough paste.

Tip into a bowl, add a 250g pack of lean lamb mince, 1 tsp ground coriander and some seasoning, then mix well. Roll into 16 balls, thread onto 4 skewers, then grill for 10 minutes, turning halfway through, until golden and juicy in the middle. Meanwhile, mix 1 chopped cucumber and 1 shredded fennel bulb with a 200g tub reduced-fat Greek yogurt, (add a small crushed clove of garlic and 1 deseeded and chopped red chilli for older kids). Serve with the kebabs.

### SAUSAGES

Make Toad In The Hole, snip bangers into pieces to make instant meatballs, or remove the skins and shape into patties. Sausages are great value too – snipped in half, a pack of 8 will make at least 2 family meals!

### GET THE KIDS INVOLVED

Children of all ages love helping out in the kitchen. Depending on their ages, get them to peel carrots, grate cheese or chop tomatoes. Make it seem like fun rather than a chore, because if they've been involved in preparing a meal, they're more likely to want to try foods they've never eaten before



### TINY TOADS

Turn the oven to fan 180C/ conventional 200C/gas 6. Put ½ tsp of sunflower oil in the bottom of each cup of a deep 12-hole mini muffin pan set on a baking tray. Pour 85ml milk into a jug, then add 1 egg, 50g plain flour and a pinch of salt. Whisk everything together with a hand blender or wire whisk until a smooth batter

forms. Put the muffin pan in the oven for a minute or so until the oil is very hot. Carefully remove from the oven and quickly fill the cups just under two-thirds full. Drop a mini cocktail sausage into each cup (you'll need 12) and bake for 20-25 mins until golden brown, well risen and crisp. Serve with ketchup.

### CHICKEN

Chicken is endlessly versatile and so quick to cook. Slice into strips for stir-fries or make goujons by coating in egg and breadcrumbs. Roast a whole chicken and turn the leftovers into a pilaf or use the meat for sandwiches





## CLEVER WAYS TO EAT MORE FRUIT AND VEG

Eating five portions of fruit and veg a day is as important for kids as it is for adults, but a portion-size is smaller for children – as a rough guide, each of the five portions should be the amount that would fit in the palm of the child's hand. Some kids can be fussy about eating fruit and veg of course, so split the portions up across the day and they're less likely to kick up a fuss! Try these easy ways to get 5-a-day into their diet:



- 1** Give them a glass of unsweetened fruit juice with their breakfast. (Bear in mind, though, that juice can only ever count as one portion a day, even if they drink more than one glass.)
- 2** Slice some bananas onto cereal, or mash them onto hot toast – or mix a handful of berries into porridge.
- 3** Dried fruit counts, so give them dried apricots or a pack of raisins to snack on at break time.
- 4** Canned veg counts too – so make a tomato sauce for pasta using a tin of chopped tomatoes.
- 5** Stew apples or pears in a little sugar then serve with low-fat natural yogurt for a sweet treat after tea.

the next day, or roast drumsticks in a sticky glaze and serve with homemade coleslaw:



### STICKY CHICKEN DRUMSTICKS

Mix together 4 tbsp sweet chilli sauce, 1 tsp finely grated fresh root ginger, 2 tsp soy sauce and the grated rind of 1 lime. Pour over 8 chicken

drumsticks, then leave to marinate for as long as you can. Turn the oven to fan 170C/conventional 190C/gas 5. Place the drumsticks in a shallow baking tray, shaking off any excess marinade. Roast for 20 minutes, then pour over the leftover marinade and cook for 5 minutes more, until sticky and browned.

### EGGS

Eggs are nature's fast food and are a great standby if the fridge is a low on supplies. Serve up fried eggs and ham, make a quick omelette or scrambled eggs, or soft-boil and serve with toasted soldiers.



### BAKED EGGS WITH HAM AND TOMATO

Turn the oven to fan 160C/conventional 180C/gas 4. Heat a little oil in a pan, add 1 chopped clove of garlic and sizzle for a few seconds, then add a 400g can chopped tomatoes and simmer for 10 minutes, until thickened. Stir in a few shredded basil leaves, if you like. Divide the sauce between 2 dishes and top each with 2 slices roughly torn ham. Crack an egg on top of each and season. Bake for 12 minutes, until the egg is just set. Serve with crusty bread on the side.

### PASTA

Most kids never tire of pasta, especially if you choose fun shapes. Macaroni Cheese is great no-nonsense food and spaghetti with a sauce is fun to eat. It's quick to make and filling and it's very easy to smuggle in lots of veg too!

### HAM, LEEK AND MUSHROOM SPAGHETTI

Heat 2 tsp olive oil in a pan. Stir in 2 thinly sliced leeks, 2 tbsp water and some seasoning, then cover and cook for 5 mins until soft. Add 200g sliced chestnut mushrooms and 2 crushed cloves of garlic and cook for 3 mins more. Meanwhile, cook 300g spaghetti according to pack instructions. Drain, reserving the cooking liquid. Stir 140g low-fat soft cheese into the leeks and add a little of the cooking liquid to give a saucy consistency. Add 85g shredded wafer-thin ham and a little basil and grate over some parmesan to serve.





## Nick Nairn's Turkey kiev

- Serves 2
- Ready in 20 minutes

100g soft butter  
pinch of dried chilli flakes  
1 tbsp chopped fresh parsley  
2 turkey breast steaks, flattened out and halved widthways  
25g plain flour  
1 egg, beaten  
85g breadcrumbs  
drizzle of olive oil

### 1 ROLL UP THE KIEVS

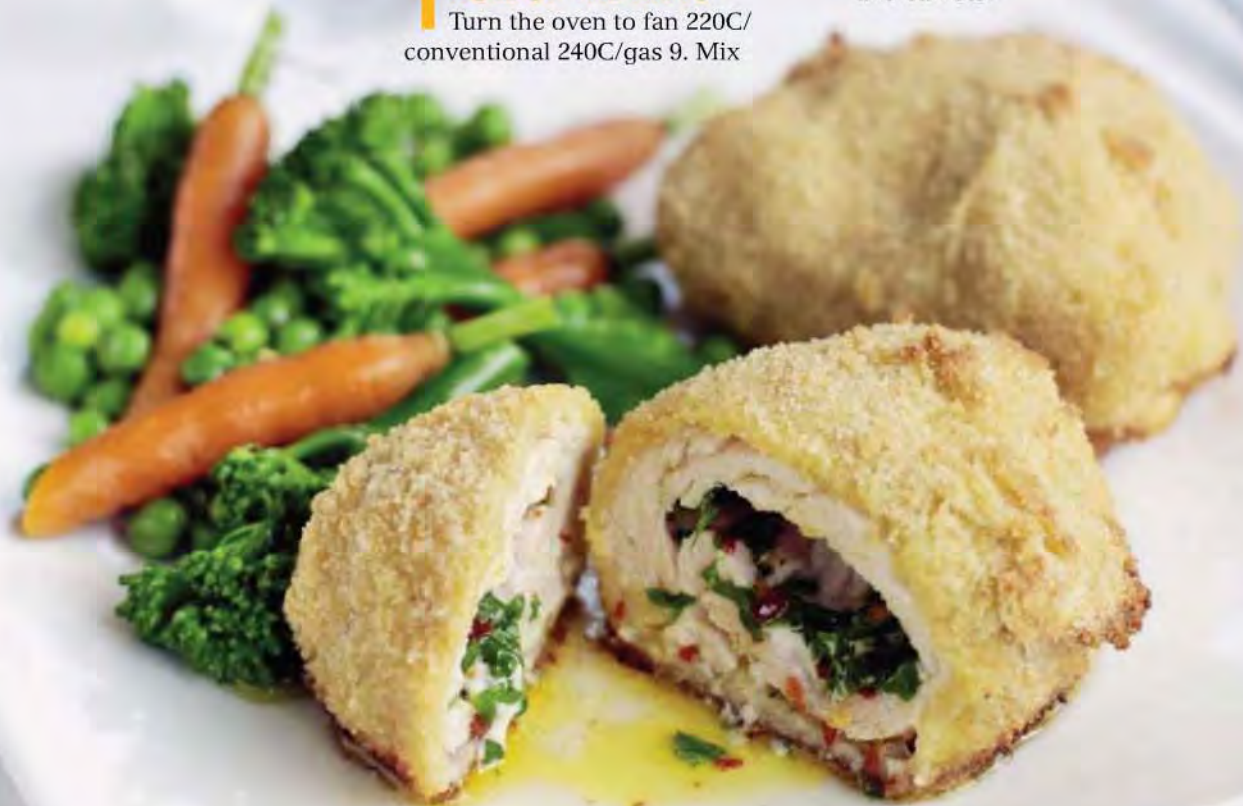
Turn the oven to fan 220C/ conventional 240C/gas 9. Mix

together the butter, chilli flakes and parsley in a bowl. Take one of the turkey pieces and put a little of the filling in the centre. Roll up, making sure the filling doesn't escape, and secure with a cocktail stick.

### 2 COAT AND BAKE

Put the flour, egg and breadcrumbs onto separate plates. Dip the turkey into the flour, then the egg and finally in the breadcrumbs, making sure the chicken is coated and the filling is well covered. Put on a baking sheet, drizzle the kiev's with oil, then bake in the oven for 15 minutes, until cooked through and browned.

**SERVE WITH** broccoli, peas and carrots.



# SUPER SUPPERS FOR KIDS

Try the Ready Steady Cook chefs' child-friendly versions of these popular dishes





## Brian Turner's Sweet and sour pork stir-fry

■ Serves 2 ■ Ready in 15 minutes

1 tbsp vegetable oil

100g pork loin, sliced into strips

1 red pepper, deseeded and sliced

1 courgette, sliced into matchsticks

1 tbsp tomato ketchup

1 tbsp clear honey

1 tbsp red wine vinegar

½ bunch spring onions, shredded

### 1 COOK THE PORK

Heat the oil in a frying pan or wok, add the pork and brown for 1 minute. Lift out onto a plate and set aside. Add the pepper and courgette and stir-fry for 2 minutes, then add the spring onions and stir-fry for 30 seconds more.

### 2 ADD THE SAUCE

Mix together the ketchup, honey and vinegar in a small bowl, then pour into the pan. Add the pork strips and cook for 20-30 seconds, until the pork is tender.

**SERVE WITH** basmati rice.



**You're likely to have the ingredients for  
this popular sauce in your storecupboard**





## Alex Mackay's Lamb and rosemary koftas with yogurt dip

■ Serves 2 ■ Ready in 20 minutes

4 stalks of fresh rosemary

250g lamb mince

½ onion, finely diced

pinch each of chilli powder and  
cayenne pepper

1 tbsp plain flour

1 tbsp olive oil

2 tbsp chopped fresh mint

3 tbsp Greek yogurt

**Add a handful of shredded lettuce and cucumber slices to stuff into the pitta, if you like**

### 1 MAKE THE KOFTAS

Strip the leaves from the rosemary stalks, leaving a few leaves at the top. Reserve the stalks and finely chop the leaves, then mix with the mince, onion, spices and flour. Using wet hands, divide the mixture into four and shape each segment around one of the rosemary stalks.

### 2 COOK

Rub the koftas with the oil, then cook on a heated griddle pan for 4-5 mins, turning frequently, until golden brown and cooked through.

### 3 MIX THE YOGURT

Meanwhile, mix the mint into the yogurt and season a little, if you like.

**SERVE WITH** with the pitta bread and yogurt dip on the side.







## Nick Nairn's Meatballs in tomato sauce

■ Serves 2 ■ Ready in 20 minutes

300g minced beef  
2 cloves of garlic, finely  
chopped  
1 egg, beaten  
2 tbsp plain flour  
2 tbsp olive oil  
1 onion, finely chopped  
4 tomatoes, chopped  
4 tbsp tomato ketchup  
2 tbsp chopped fresh parsley  
(optional)

### 1 SHAPE THE MEATBALLS

Put the mince, 1 clove of garlic, the egg and flour into a bowl and mix well with your hands to combine. Wet your hands and shape the mixture into small meatballs.

### 2 BROWN THE MEATBALLS

Heat the olive oil in a pan

and fry the meatballs for 5-6 minutes, turning frequently, until browned all over and cooked through. (You may need to do this in batches.) Remove from the pan and set aside.

### 3 MAKE THE SAUCE

Fry the onion and remaining clove of garlic in the same pan for 2 minutes, or until softened, then stir in

the tomatoes and ketchup. Season if you like, then simmer for 3-4 minutes, until the tomatoes are tender and softened. Stir in the parsley, if using. Add the meatballs to the pan to heat through, then serve.

**SERVE WITH** crusty bread.





## Aldo Zilli's Spicy Italian bean and sausage casserole

■ Serves 2 ■ Ready in 15 minutes

- 3 tbsp olive oil
- 3 pork and chilli sausages, snipped into chunks
- 1 onion, finely chopped
- 1 clove of garlic, chopped
- 1 rasher smoked bacon, chopped
- 250ml chicken stock
- 1 tbsp tomato purée
- 1 can mixed beans, drained
- 1 tbsp each chopped fresh parsley, basil and chives

### 1 FRY THE SAUSAGES

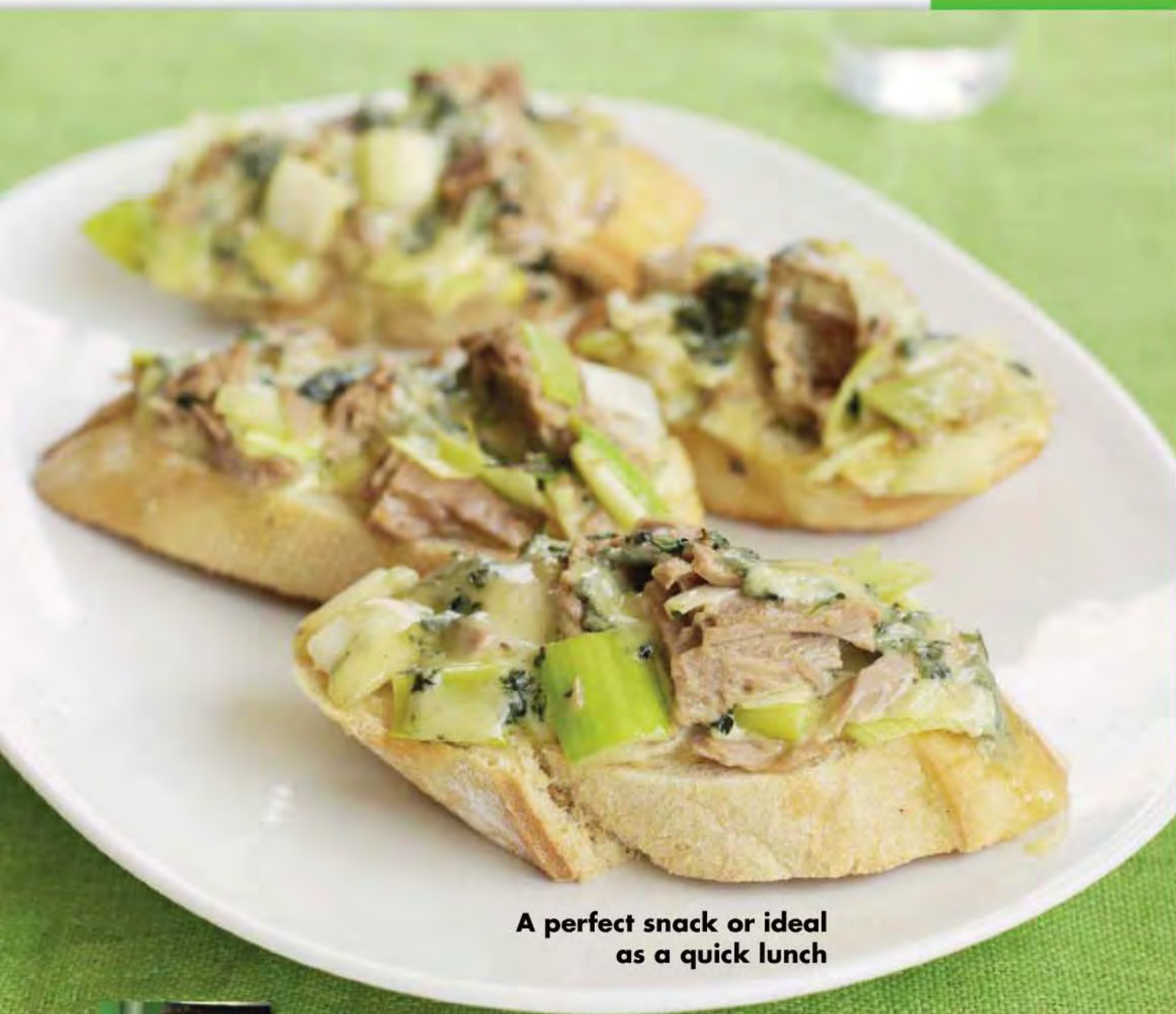
Heat 1 tbsp of the oil in a pan, then fry the sausage chunks until browned. Remove from the pan and set aside. Add the onion, garlic and bacon to the pan and fry for 4 minutes, or until the onion has softened and is golden brown.

### 2 ADD THE STOCK

Return the sausages to the pan, pour in the stock, tomato purée and beans and some seasoning, if you like, then simmer for 5 minutes. Stir in the chopped herbs and serve.







**A perfect snack or ideal  
as a quick lunch**



## **Richard Phillips'** **Cheesy leek bruschetta**

■ Serves 2 ■ Ready in 10 minutes

1 leek, chopped  
1 clove of garlic, crushed  
1 tbsp olive oil  
200g can tuna chunks in spring  
water, drained  
1 tbsp fresh thyme leaves,  
chopped  
100ml double cream  
good splash of Worcestershire sauce

4 slices French bread  
25g blue cheese, crumbled

### **1 FRY THE LEEKS**

Fry the leek and garlic in the oil for 2-3 minutes, or until softened. Add the tuna and thyme, stir well, then pour in the cream and the Worcestershire sauce. Simmer for 4-5 minutes, then season, if you like.

### **2 GRILL**

Heat the grill and toast the bread on one side. Top the untoasted side with the leek mixture, then crumble over the cheese. Grill for 3 minutes, or until the cheese has melted. Serve straightaway.





'Cooking's a magical thing – when you whisk an egg white and it turns into a meringue, that's amazing!'

**A**lex Mackay has had an exciting year so far. He's been commissioned to write a new book, he's held cookery workshops with Delia Smith – and, of course, he's been recording Ready Steady Cook. But when we caught up with him, he was just back from the doctors, where he'd had a few stitches removed from his right hand after an accident with a knife...

and I think it challenges their intellect as it gets them to think about what they like and what they don't. My two-year-old, James, loves coming into the kitchen too, and although he's going through a fussy patch, he'll still help out. He was helping me to pod fresh peas recently and he just started to eat them out of the pod. It was great – previously he'd pick them out of food, but just getting him involved with preparing them and making it into a fun activity meant he was happy to try them!

like soy sauce, ginger and garlic. If I were cooking a stir-fry for kids, I might take out most of the chilli, and put in just half the ginger and garlic that I normally would and make sure that the ingredients are chopped up more finely. But I'm anti the idea of cooking separate meals for kids – families should eat together.

**Are you still teaching at the Kids' Cookery School in London?**

I try and go down as much as I can.

# 'Cooking is a massively important life skill for kids'

## **So what happened to your hand?**

I'm really clumsy in the kitchen and this happened when I was testing a recipe for my new book. I was making burgers and I thought 'this needs a nice bit of bread with it'. I wasn't concentrating and I pushed the knife all the way through the bread and then through my finger too! But it's on the mend now.

## **You're really busy at the moment, but do you still find time to cook with your children?**

I think the time spent in the kitchen with your kids can be part of practical play. At home, I get my eldest son Jake involved in lots of activities – the other day he helped me to make polenta muffins, which he then flavoured as he liked. We added SunBlush tomatoes to some, and cheese or bacon to others. It's really easy for kids to add flavours

## **How important do you think it is that children learn to cook?**

Cooking is a massively important life skill for kids – everyone has to eat! Learning how to cook is not just about the action of cooking – it's reading and maths too, it's learning how to socialise, it's being on your feet and doing something. It's also about being aware of everything around you, from how fire works to how dangerous gas – and knives! – can be. You need to use all your senses. Cooking's a magical thing – when you whisk an egg white and it turns into a meringue, that's amazing.

## **What sort of meals do you cook for your kids?**

I don't think there's such a thing as a 'kids' meal', but there are times when you need to leave things out when you're cooking for children, and I think it's best to go easy on stronger flavours

Sometimes I'll lead the classes and sometimes I'll just help and be a spare pair of hands. I really love it – it's such an amazing charity. I love teaching the kids to make fresh pasta as it's so entertaining, or we'll do chicken cobbles or pizzas.

## **You've taught both adults and kids. How does it compare?**

There's actually not much difference! When I've demonstrated to adults at Delia's school, they already love cooking, but the kids in Acton love it too. Food is really interesting and really fun. It's good to be able to show anyone, young or old, how to get to the end of a recipe without setting too many rules and show them shortcuts they can take if they need to. It's also good to explain that things don't turn out perfectly every time.





**'I know what it's like to cook for a family every day'**

**Has that ever happened to you on the show?**

Oh, yes! I reckon 90% of the time things don't turn out how I intended. The worst thing you can do when you're on the show is go in with an idea of what you'd like to cook or what sort of bag you would prefer. You could spend ages thinking what you'd love to make with fish and then end up with a dessert bag! Before I went on the show I was sure there was some sort of trick to it,

but it's exactly what you see on the TV. I'm not that worried about winning or losing – I'm just worried about the food I turn out. When it does work out, it's impressive and I'm so pleased to think 'I made that'. And that's what cooking is all about – that sense of achievement.

**How's your new book going?**

I've tested about 50 recipes so far – there are going to be about

200 in total. I want the book to be as practical as possible, so I'm testing each recipe at least 3 times. I really want to make sure people trust my recipes – it's always been very important to me and it's a big responsibility. Spending so much time working with Delia Smith and meeting the people who use and trust her recipes has shown me how important it is to have reliable recipes.

**Can you tell us what the theme of the book is going to be?**

It's about food that people can cook easily and make every day. I started my life in food as a chef, working in Michelin-starred restaurants and bistros, but it's my experience of teaching cookery that I want to share. What I'm trying to do is answer as well as I can all the questions I've been asked during that time. I consider myself a 'cook' now, either as a cookery teacher or a writer. I know what it's like to cook for a family every day and I have a regular-sized kitchen where I test all my recipes. I know some people might see me on TV and think 'he makes things look really easy', but really I'm just like everyone else. I'm forever dropping things, I'm so clumsy and I'm really messy too!

■ Alex Mackay was chatting to Easy Cook's Assistant Editor, Marie-Louise Stevens.

■ Alex's new book is due out in early 2012 – watch this space! For more information about The Kids' Cookery School visit [www.thekidscookeryschool.co.uk](http://www.thekidscookeryschool.co.uk) and find out what else he is up to at [www.alexmackay.com](http://www.alexmackay.com)

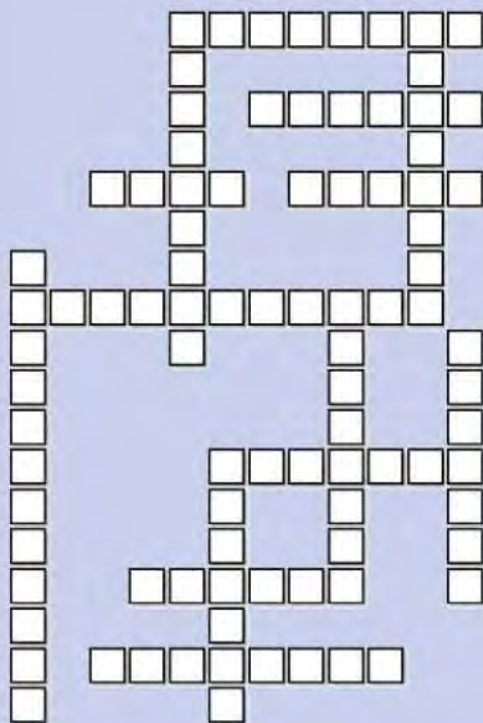




# Coffee break

## Kriss KROSS

Put the words below into the squares - there's only one way they will all fit.



**4 LETTERS**  
NUTS

**5 LETTERS**  
JUICE

**6 LETTERS**  
CELERY  
GRAPES

**7 LETTERS**  
BANANAS  
BERRIES  
RAISINS

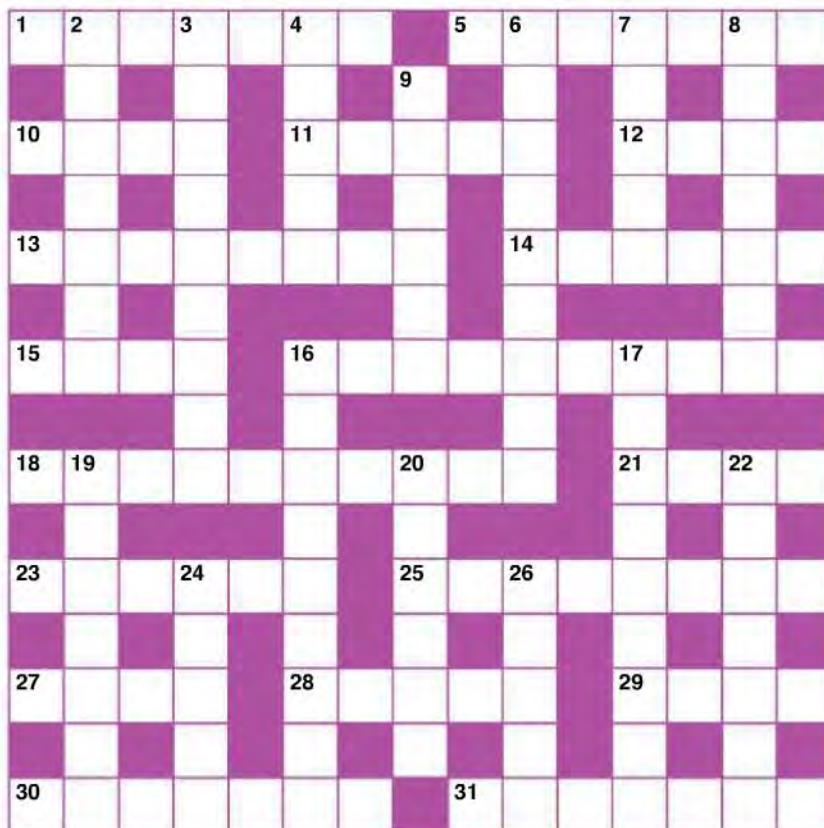
**8 LETTERS**  
APRICOTS  
CHERRIES  
SULTANAS  
TOMATOES

**9 LETTERS**  
SMOOTHIES

**11 LETTERS**  
APPLE SLICES

**12 LETTERS**  
CARROT BATONS

## Cook's crossword



### ACROSS

- 1** Toasted bread cube served with soup (7)
- 5** Concentrated extract (7)
- 10** Remove the seeds from (4)
- 11** Tortilla chip served with melted cheese (5)
- 12** Unfreeze (4)
- 13** Hot Indian dish with peppers and tomato (8)
- 14** Covered (in) (6)
- 15** List of dishes in a restaurant (4)
- 16** Canadian pancake topping (5,5)
- 18** Container of ingredients for Ready Steady Cook chefs (7,3)
- 21** Part of the face (4)
- 23** Baked \_\_\_, pudding with ice cream and meringue (6)
- 25** Edible molluscs also known as ear shells (8)
- 27** Beers (4)
- 28** Run up (debts) (5)
- 29** Make a meal for (4)

**30** Set fire to (7)

**31** Main ingredient of spicy sauce served with satay (7)

### DOWN

- 2** Thin slice of meat wrapped around a filling (7)
- 3** Tangerine/grapefruit cross (4,5)
- 4** Weight of about 28 grams (5)
- 6** Fried, filled sausage meat snack (6,3)
- 7** Additional, surplus (5)
- 8** French manor house (7)
- 9** Be thrifty (6)
- 16** Buttery substance made with vegetable oils (9)
- 17** Species of tuna (9)
- 19** Chocolate cake popular at Christmas (4,3)
- 20** To partly cook (vegetables) before freezing (6)
- 22** Warm in advance (7)
- 24** Japanese dish of cold fish and rice (5)
- 26** Share the same view (5)

ANSWERS TO ALL PUZZLES IN THE NEXT ISSUE









Gets a thumbs up from the whole family.